

SA'S LEADING FOOD MAGAZINE

FOOD & HOME

ENTERTAINING

MARCH 2015
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Other countries
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NEW

COOKBOOK EXTRACT
Katie Quinn Davies
DISHES UP WOW-FACTOR
WEEKEND MEALS

7 WAYS TO
CHOCOLATE
HEAVEN

A Fat East feast

OODLES OF RAMEN NOODLES

The wonders of Wagyu beef

SAUCY, SALTY & SPICY SIDES

Sweet & seductive treats

65+
RECIPES INSIDE!

Sticky Asian beef ribs with savoy cabbage pancakes & bok choy



SEE
HOW
IT
RUNS

BE SALT WISE

CEREBOS SUPPORTS
HEALTHY EATING.



See page 10 for details

EAT
the COVER

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ON THE COVER

Sticky Asian beef ribs with savoy cabbage pancakes & bok choi

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Assisted by NÔMVUSELELO MNCUBE

Photograph by GRAEME WYLLIE

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One lucky reader can win a case (six bottles) of The Fledge & Co. Klipspringer 2014 worth R600

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Five lucky readers can each win a copy of Adam Liaw's cookbook, *Adam's Big Pot*

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Three lucky readers can each win a copy of Katie Quinn Davies' *What Katie Ate: At the Weekend* worth R495

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One lucky reader and a partner stand a chance to win a two-night stay at the Twelve Apostles Hotel and Spa worth R25 000

Looking for recipes? Visit foodandhome.co.za



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FOOD&HOME
ENTERTAINING

wabi-sabi

There is a wall in the *F&HE* office, where the pages of the issue we're currently working on are placed in a large block – a kind of lay-it-all-out, cross-section 'smorgasbord', if you will. At some point of the production cycle, each of us takes time out from the monthly mayhem to stop in front of the wall and take it all in. I know I speak for the entire team when I say that not a month goes by when each of us doesn't wonder how on earth we did it – and by 'it', I mean coordinated, edited, designed, tested and gobbled our way through it all! It's at once empowering, exhilarating and downright gratifying.

While savouring this tri-factor rush of emotions as I gazed at this month's issue on the wall, I was particularly struck by the way the pages erupt with nature's bounty – from fresh organics that pop with jewel-like vibrancy in the lickable pages of Jan-Hendrik van der Westhuizen's 'Crêpe couture' (page 44) to a celebration of La Bri's bursting floral wine labels that inspired us to imagine their varietals paired with dishes of equal beauty – a wish that artiste extraordinaire Jacques Erasmus granted us with a wave of his culinary wand. See his magic on page 58.

More than this, however, it's the way the beauty of the produce shines through in all its simple, natural glory – a humble truth highlighted to me by über-cool, calm and collected photographer Graeme Wyllie. On a recent photo shoot, while I was scrutinising every last microleaf in a salad and about to call for tweezers, I heard "Wabi-sabi" uttered by Graeme in a tranquil voice. A bit baffled and wondering if I'd heard right, I turned around and said, "Are you asking if there's wasabi in the salad dressing, Graeme?" Politely biting his lip to contain his amusement at my interpretation, he replied, "Wabi-sabi is the Japanese philosophy that beauty lies in the imperfect, impermanent and incomplete." Blushing deeper

than the bleeding beetroots lying smugly – I mean snugly – on their bed of rocket, I quickly bowed out of the photo shoot, like the proverbial grasshopper, off to reflect on a moment of enlightenment. Needless to say, there were no more chirps from me that day.

This brings me to our Asian special (page 89), brimming with an abundance of tastes and textures, and including a ramen-noodle masterclass by our food editor Thulisa, who weaved a variety of wonderful flavour and colour into the silky strands she artfully made and styled – see page 102.

With all this and more, I wish you a month of enticing and exotic delights. And be careful of that wasabi – it's got quite a burn!

Andrea



Ed's profile photograph by Dylan Swart

My latest obsession



If you haven't yet discovered the artistic genius of Pamela Schroeder's Aboda collection, prepare to be smitten! I first came across her organic-form cutlery and handcrafted porcelain featuring geometric African designs and gilded metal accents at one of my favourite decor emporiums, Isabelina (isabelina.co.za), which stocks the range at their Design Quarter, Johannesburg and V&A Waterfront, Cape Town stores. For more details on Aboda, visit aboda.co.za or call 011-615-0015.



Over
the years
a lot's gone into
making the
Myburgh's
"Magies-Vol
Ogies-Toe"
Milktart
taste like
a million
bucks.

806 smiles cracked.



3 good bowls dropped.



7 flour bombs.



200 milk moustaches.



20 stiff stirring arms.



98 sticky fingers.



5 messy frocks.



127 licked spoons.

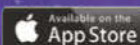


NOW THEY'VE GOT A CHANCE TO CASH IN ON IT.

ENTER NOW!

The search for SA's Way Better family recipe is back! Enter Clover's Little Big Cook Off and you could be a TV star and **win your share of R1 million in prizes**, including a family trip for 4 to Disney World and a kitchen makeover. See in store and on pack for entry details and visit www.clover.co.za for Terms and Conditions.

For more "Way Better" recipes, download the **Cook With Clover** app now!



Our contributors

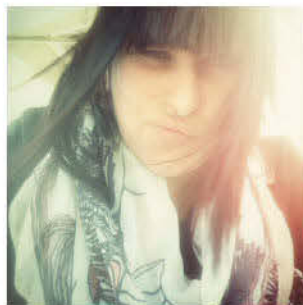
FOOD&HOME
ENTERTAINING



Kim Ebner

Freelance writer

I'm a Joburg-based attorney who would happily trade my office desk for a swinging hammock on a tropical island. My idea of foodie paradise is a cheese-laden home-made lasagne. My KitchenAid Mixer holds pride of place in my kitchen and I'm happiest when covered in flour and baking something delicious. And don't forget the bottle of chardonnay chilling in the fridge.



Annalize Nel

Photographer

I'm a freelance photographer based in Joburg but I was born and raised in Paarl. My favourite kitchen tool is my Bialetti espresso maker, and I love all things Italian, except for panettone. I don't like 'deconstructed' dishes as a food trend. When I'm not glued to the computer screen, I enjoy spending time with friends and travelling, preferably at the same time!



Stefan Predorf

Chocolatier

Like Chocola.j's motto, "chocolate, pastry and pleasure", my whole life centres around extraordinary flavours. I love trying existing recipes and creating new ones. I am hooked on exotic dishes but, often, it just comes down to an honest rib-eye steak with French fries. The Kenwood Cooking Chef range is perfect for my kitchen as it helps me make the best asparagus risotto with no effort.

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The F&HE test kitchen is sponsored by Kenwood and Prestige.

ON THE MENU

A SYMPHONY OF FLAVOURS TO TANTALISE YOUR TASTE BUDS

ASIAN INSPIRED



Cucumber and tempura prawn salad with almond dressing + Beef miso with ramen buns + Coconut jelly

IN-SEASON PLEASURES



Goat's cheese, pear, Parma ham and pine-nut salad + Salmon with rosemary-roasted beetroot and Gorgonzola sauce
+ Gluten-free chocolate torte

MEAT-FREE MONDAYS



Roasted vegetable with goat's curd and hazelnuts + Soufflé crêpes with shiitake mushrooms and Gruyère
+ No-churn coconut and almond ice cream with waffles and banana

Dear Food & Home



For the love of food

I was so excited when your February issue hit the shelves. I knew it would be packed with tantalising, in-the-mood ideas for Valentine's Day. The pages read like a beautiful love story – leaving me bursting with both euphoria and inspiration.

Throughout my life, food has been synonymous with love. From my mom spending endless hours in the kitchen teaching me to bake, to my children making me a haphazard Mother's Day breakfast.

No wiser words have ever been spoken than, "The way to a man's heart is through his stomach", and this will be proven once again when I treat my husband to an array of decadent love-inspired goodies on Valentine's Day.

Preparing a meal for someone you love is an unsurpassed pleasure. You put a piece of your heart into the process and the result is a mutual appreciation and joy like none other. The love of food and the food of love will continue to walk hand in hand for as long as man roams our planet.

Justine Bishop, Margate

Update...

Here's what are followers are saying about our gorgeous, puzzle-inspired February cover dish:

Deidre Donnelly
@DeidreDonnelly

The puzzle pizza on the cover of @FHEMag is inspired! Why didn't we think of that before?! 'Cos #PiecesWillGoMissing

Ellerman House
@EllermanHotel
@FHEMag Wow!
That looks delicious!

WINNING LETTER

GET F&HE ONLINE NOW!

TO DOWNLOAD THE LATEST ISSUE OF F&HE ONTO YOUR TABLET OR PC, GO TO FOODANDHOME.CO.ZA AND SUBSCRIBE TO 12 ISSUES FOR R234 – JUST R19,50 AN ISSUE. WHAT A BARGAIN!



Don't forget to subscribe to our newsletter at foodandhome.co.za. Packed with juicy news from our latest issue and divine giveaway goodies, it's the perfect pick-me-up!



WIN!

Next month's winning letter will receive this pocketable PowerShot S200 from Canon, worth R3 399.

The PowerShot S200 delivers stunning image quality and easy access to manual settings in a modern, pocketable design – with a host of creative features for those seeking their next step in photography. Combining an ultra-wide angle bright f/2.0 lens, a higher sensitivity 10.1 Megapixel CCD sensor and a PureColor II G screen with tempered-glass layer, the PowerShot S200 lets you capture the moments meant to last a lifetime and relive the experiences again and again with high-quality images. Share your favourite shots on social networks with its integrated Wi-Fi or conveniently back up your images to cloud services, including Flickr and Google Drive™.



Canon

Write to F&HE and share your food experiences. Email foodhome@catxon.co.za. F&HE reserves the right to edit letters and award prizes based on merit.



A TOUCH OF sparkle

This Christmas past, I was given the onerous task of creating dessert for just under 20 people for Christmas lunch. Inspired by your December cover – that amazing-looking trifle – I made an exact replica (much to my dismay, I had to keep it a virgin one). There were so many raving reviews! So, the week after Christmas, I decided to create a similar trifle but, this time, with a more cheeky take: rum-soaked chocolate Swiss-roll slices with an assortment of nuts, litchi jelly as the base, home-made custard and whipped cream with a dash of edible gold dust on the cherries, blueberries and, because I love sparkle (who doesn't?), I added glitter as well. This trifle, together with a few bottles of bubbly, made for a great evening with a few loved ones.

As a new *F&HE* reader, I look forward to many more delectable moments with your great magazine!
Dominique Solomon, Cape Town

Christmas SPREAD

During 2014, I was 'upgraded' to mother-in-law status and was honoured to host the new Mr and Mrs' very first Christmas at my house. Now, this was not as easy as it sounds... I had a couple of sleepless nights, hours of menu planning and lots of vitamin-B supplements to ensure that Christmas lunch 2014 was worth the 300km drive for the newlyweds. Plus, the fact that my son-in-law's parents own a very

successful well-known farm stall with delicious treats and bakes, prepared by his mother, did not at all help to ease my pre-Christmas-lunch jitters! We are not a family of cooks: while still dating her now-husband, my eldest daughter once phoned and asked if she must peel the dried beans for the soup she planned on wooing her boyfriend with! My youngest daughter, after frantically whisking for nearly 30 minutes, cried

out that there was something seriously wrong with the cream. It turned out it was full-cream milk she was whisking...

Thanks to my *F&HE* magazines and the recipes on your website, I am proud to say Christmas lunch was a hit! My favourite memory? When my son-in-law went for a third helping!

Celesté Brown, Knysna

WHAT YOU'RE SAYING ON...

We asked you: There's just something about being able to drink a warm, comforting cup of tea that rejuvenates the soul. Let us know your favourite tea: "When I'm looking to unwind, my favourite tea is _____."

Lameez Smith Nielsen: Chai tea with a little milk, sitting on my patio, looking into my garden and listening to the birds!

Joshua Janse van Rensburg: Rooibos with a slice of lemon, a few drops of honey and a touch of cinnamon.

Lois Carol Wessels: Vanilla Rooibos tea.

Recipes and styling by THULISA MARTINS
Assisted by NOMVUSELELO MNCUBE
Photographs by GRAEME WYLLIE

Sticky Asian beef ribs with savoy cabbage pancakes and bok choi

Serves 6 **EASY** 1 hr 30 mins

THE FLAVOUR COMBINATIONS

RIBS

2kg beef back ribs (ask your local butcher to cut them)
salt and freshly ground black pepper, to taste
125ml (½ cup) Tamari soya sauce
30ml (2 tbsp) chilli oil
60ml (¼ cup) hoisin sauce

CARAMEL SAUCE

500ml (2 cups) water
200g castor sugar, sifted
50g butter, cut into cubes
5 small red chillies, sliced (optional)

SAVOY CABBAGE PANCAKES

420g cake flour, sifted
2 large eggs
2 garlic cloves, peeled and crushed
½ red onion, peeled and finely chopped
30ml (2 tbsp) fish sauce
15ml (1 tbsp) chilli oil
1 small carrot, grated
salt and freshly ground black pepper, to taste
leaves of 4 baby savoy cabbages, washed

BOK CHOI

100g bok choi
30ml (2 tbsp) olive/avocado oil
45ml (3 tbsp) sesame seeds
salt and freshly ground black pepper, to taste

handful Asian rice crackers, to serve

HOW TO DO IT

- 1 Preheat the oven to 170°C. For the ribs, season them with salt and pepper. Mix the soya sauce, chilli oil and hoisin sauce together in a bowl. Pour half of the sauce over the ribs and coat thoroughly. Set aside the remaining sauce. Place the ribs in a roasting tray, cover with foil and roast, 45 minutes. Remove the foil, turn the oven setting to grill and grill until golden brown, 10 – 15 minutes.
- 2 For the caramel sauce, heat the water and sugar together in a saucepan over medium heat, without stirring, until it turns caramel in colour, about 20 minutes. Remove from heat when a quarter of the syrup turns a dark straw colour. Carefully whisk in the butter, taking care not to burn yourself. The mixture should be a light-caramel colour. While the mixture is still warm, whisk in the remaining beef sauce until mixed through. When the beef comes out of the oven, coat with the soya-caramel sauce and sprinkle with red chilli slices, if desired.
- 3 For the pancakes, whisk all of the ingredients together, except the savoy cabbage leaves, until mixed through. In a non-stick frying pan over medium heat, place a savoy cabbage leaf on the pan, quickly pour about 80ml (⅓ cup) pancake mixture over to cover the cabbage leaf and fry, 2 – 3 minutes on each side. Repeat with the remaining leaves and batter.
- 4 For the bok choi, heat a non-stick pan over high heat and fry in the oil until tender, 2 – 3 minutes. Sprinkle with sesame seeds and season to taste.
- 5 Serve the ribs with the savoy cabbage pancakes, bok choi and Asian crackers.

COVER DISH

*Sticky Asian beef ribs with
savoy cabbage pancakes
and bok choy*

TURN THE PAGE TO
DISCOVER WHERE YOU
CAN EAT OUR COVER
DISH THIS MONTH

EAT
the COVER

EAT the COVER

INDULGE IN THIS MONTH'S STICKY ASIAN BEEF RIBS
WITH SAVOY CABBAGE PANCAKES AND BOK CHOI
AT ANY OF THESE THREE RESTAURANTS



STICKY ASIAN BEEF RIBS WITH SAVOY CABBAGE PANCAKES AND BOK CHOI

GWEFEY ASIAN CUISINE, JHB



Chef Panda Zhen,
Gwefey, JHB

The atmosphere is quirky, the staff friendly, and the food is out of this world. Nam Jai, which means "cooking from the heart", in Empangeni is the only place to be. In the evenings, sushi and cocktails flow and the restaurant becomes a hive of social festivity. The love and passion in each piece of exquisitely made fusion sushi and steaming dish of traditional Asian food shines through. Though famous for its sushi, the Nam Jai kitchen specialises in a wide range of Thai cuisine and exotic dishes.

BOOKINGS: 035-772-2650;
nj-sushi.co.za



Executive chef
Dylan Brown, Nam
Jai House, KZN



NAM JAI HOUSE, KWAZULU-NATAL

Situated in the stylish World Trade Centre in Sandton, Gwefey Asian Cuisine is Sandton's best-kept secret! Offering traditional dishes from Beijing to Shanghai, Thailand to Tokyo, Gwefey has created a sensual trip across the Asian continent via the palate. With a choice of one of three private dining rooms, which can accommodate 12 people, or sitting under the stars, be inspired by the exotic menu, beautiful interior, professional service and let their culinary ninjas satisfy your every gastronomic craving.

BOOKINGS: 011-784-2283;
gwefey.co.za; info@gwefey.co.za

PURE GOOD CAFÉ, CT



Chef and owner
Shannon Smuts,
Pure Good Café,
Cape Town

Pure Good Café is a health-conscious passion project driven by *MasterChef* SA Season 2 finalist Shannon Smuts, which is not only changing the way locals feel about healthy eating but is also empowering its staff and supporting the youth programme at Baphumelele Fountain of Hope. The menu is dominated by greens and features delicious and super-nutritious breakfasts, salads and hot lunches, as well as smoothies and juices made from fresh farm produce.

BOOKINGS: 021-461-3818;
info@puregood.co.za

Our March cover dish will be served at the above venues
from Monday 9 February to Tuesday 31 March.

foodbites

news • trends • shopping • restaurants • decor • products • time savers

Trending: St Patrick's Day

Recipe and styling by LIAM TOMLIN

Photographs by BRUCE TUCK



Trending



Smoked ham hock, potato, avocado and onion salad with mustard-seed dressing

Get the luck of the Irish this St Patrick's Day, 17 March, by feasting on this delicious smoked ham hock!

Serves 4 **EASY** 3 hrs 30 mins

THE FLAVOUR COMBINATIONS HAM HOCK

1 large (about 1,5kg) smoked ham hock, skin on and bone in
1 onion, peeled and chopped
2 carrots, peeled and chopped
2 celery sticks, chopped
1 small leek, chopped and washed in cold water
2 garlic cloves, peeled and crushed
3L chicken stock/cold water
12 white peppercorns, crushed
2 bay leaves
2 sprigs fresh thyme
salt and freshly ground black pepper, to taste

MUSTARD-SEED DRESSING

2 free-range egg yolks
5ml (1 tsp) Dijon mustard
30ml (2 tbsp) white wine vinegar
dash Worcestershire sauce
500ml (2 cups) peanut oil
salt and freshly ground black pepper, to taste
lemon juice, to taste
15ml (1 tbsp) wholegrain mustard

1 avocado, skin and pip removed, flesh passed through a fine sieve to make a purée and seasoned with salt, pepper and a squeeze of lemon juice

12 baby potatoes, cooked, peeled, sliced, seasoned and dressed in olive oil

4 baby onions, peeled with root intact, halved lengthways and cooked in butter until tender and golden brown

large handful mustard cress/wild rocket

10ml (2 tsp) olive oil (optional)

HOW TO DO IT

1 For the ham hock, soak the ham in cold water, 30 minutes. Drain and place in a large heavy-based saucepan with the onion, carrots, celery, leek and garlic. Cover with the chicken stock or water and gently bring to a boil. Reduce the heat to low and skim the stock well. Add the white peppercorns, bay leaves, thyme and seasoning and allow to barely simmer, 2½ – 3 hours.

2 When the hock is ready, the skin

covering it will peel away easily and the meat on the ham hock will come away from the bone without resistance. If the meat requires additional cooking, simply return to the heat and check again after a further 15 minutes. When the ham hock is ready, remove from heat and allow the hock to cool in the cooking stock.

3 When the ham hock is cold, lift it out of the stock. Remove the thick layer of skin surrounding it, then pick off the meat from the ham-hock bone into large bite-sized pieces. A 1,5kg ham hock will yield approximately 400g meat. Pass the stock through a fine chinois (conical sieve) and reserve the stock for another use, such as soup or risotto.

4 For the dressing, place the egg yolks, mustard, vinegar and Worcestershire sauce in a bowl and whisk until pale and double in volume. Add the oil in a slow, steady stream so that the egg yolk absorbs the oil. Continue to whisk until all the oil has been incorporated. Season to taste with salt, pepper and a squeeze of lemon juice. If the dressing is too thick, thin it out with a dash of warm water. Add the wholegrain mustard, cover with cling film and refrigerate until ready to use.

5 To assemble, arrange the ham hock between 4 chilled plates, spoon the avocado purée into a piping bag and pipe small dots of avocado around the plate. Divide the potatoes and onions among the plates. Drizzle the mustard seed dressing over and around the ham hock. Arrange the salad leaves over the ham hock and drizzle with olive oil to serve, if desired.

Fuel your morning!

With more than 160 years of baking expertise, the newly launched BAKERS® Good Morning Breakfast Biscuits are great for breakfast eaten 'on the run' or popped into lunch boxes for an anytime snack. Available in a 300g carton, conveniently packed in six 50g stay-fresh sachets and available in three tasty flavours: Milk & Cereals, Chocolate and Mixed Berries. Available at all leading retail outlets nationally for about R24,99. Visit bakers.co.za or follow them on Facebook (facebook.com/BakersSA).



Eleven lucky readers can each win a BAKERS® Good Morning Breakfast Biscuits hamper valued at R700. Each hamper contains two boxes of each flavour of biscuits as well as a branded BAKERS® Good Morning alarm clock. To enter, email your name, postal address and ID number to foodhome@caxton.co.za by 15 March 2015.



PLUSH WOODEN FURNITURE CREAM AND OILS

restore and renew your valued wooden items. Plush Wooden Furniture Oil for light and dark wood and Plush Wooden Furniture Cream are available for R21,99 each at all major retailers.

*Botanical beauty*

GARDENS AND ROSES are now the exclusive stockists of the super-talented Clinton Friedman's outdoor scatter-cushion range, which features beautiful botanicals. R599 each, gnrsa.co.za

QUENCH YOUR SUMMER THIRST WITH CERES

100% FRUIT JUICE BLENDS now enriched with fruit cells. Presented in sleek new packaging, the range is available in eight delicious 1L flavours (Peach, Orange, Medley of Fruits, Full Moon Harvest, Whispers of Summer, Cloudy Apple & Pear, Ruby Grapefruit and Mango). They contain no added sugar, preservatives or colourants. R19,49 for 1L, available at leading supermarkets and convenience stores nationwide.

*glass half full***LOCAL CELEBRITY CHEF, SHARON GLASS**

has recently launched her new all-natural Seasoning Salt. Great on meats for the braai, as well as steak, chicken or fish and veggies too! R30 for 200ml. Available nationwide at leading retailers or from sharonglass.co.za

**MONTAGNOLO AFFINE**

the semi-soft, full-fat white-mould cheese and winner of the World Cheese Awards in 2013, is now available in South Africa exclusively at Woolworths for R559,99 per kg.

BLOGGER OF THE MONTH *Dianne Bibby (bibbyskitchenat36.com)*

Joburg-based Dianne Bibby serves up delicious delicacies from her home kitchen on her blog, Bibby's Kitchen @ 36. This fashion designer-turned-culinary queen also hosts cooking classes every six weeks. Follow her blog or Facebook page (facebook.com/pages/Bibbys-Kitchen-at-36) for dates and menus!

Before blogging, I was a fashion designer and range coordinator.

My food history is rather unconventional. Like most people, I've always loved to eat good food, but I only really started cooking in my 30s! Shameful, I know. Regular working trips to Paris meant experiencing food on another level and this was hugely inspirational. The French have incredible flair for creative and artistically presented food, as well as being passionately proud of their food culture.

Middle Eastern food is one of my favourite cuisines. The flavours and ingredient combinations are vibrant, colourful and really exciting. And then, there's Italian food, which is inexhaustible. Their resourceful use of regional ingredients, classic combinations and generosity is hard to beat.

In my kitchen, I could never part with my super-huge, hand-turned Louis Crail pepper mill, which was a gift from my husband. It's rustic, beautifully crafted and used daily.

For everyday cooking, my favourite thing to make is honey-roasted nut

granola, perfect for breakfast and late-night snacking. To feed a crowd, my go-to recipe is butter chicken.

In our home, we love to celebrate any occasion, but the most regular and enthusiastically supported tradition is Cake Friday. This is our 'happy weekend' treat and, so, Friday afternoons are reserved for indulging in either a simple, wholesome bake or, more likely, something that involves an indecent amount of dark chocolate. But, the best desserts I've eaten are from La Colombe in Constantia and DW-eleven-13 in Joburg for a contemporary twist on an apple crumble.

While food trends are directional and inspiring, I try to follow seasonality as this always translates into the best-quality produce and flavourful cooking. I'm loving the use of ancient grains, as well as whole and artisanal foods. Yotam Ottolenghi is the rockstar of the 'vegetable world'. He is a genius at transforming vegetables into sublime dishes that would sway even the most ardent meat lover.

“The most important things to do in the world are to get something to eat, something to drink and somebody to love you.”

BRENDAN BEHAN

”

Dates for the diary...

6–8 March. Taste of PE at the Boardwalk Entertainment Complex. Eight of PE's top restaurants and a selection of gourmet-food producers will create a host of dishes to tickle visitors' taste buds. Tickets are available at itickets.co.za and start at R80. tasteofpe.com

14–15 March. Sizwe Ntsaluba Gobodo Celebration of Bubbles Festival, Inanda Country Club, Sandton. Tickets are R250 and include 10 MCC tasting tokens. Tickets available at webtickets.co.za or at the entrance. facebook.com/BubblesFestival

14–15 March. Wynberg Rotary Club's charity fundraiser Last Night of the Proms. Celebrate their 30th anniversary in rousing style with the theme 'The Pearls of Proms'. Saturday at 8pm and on Sunday at 7pm. Tickets, R200 and R250. computicket.co.za

BLACK IS BACK



Your day couldn't start any better than with the new, delicious and very sexy Waitrose Seriously Chocolatey Triple Chocolate Crisp cereal now available for R59,99 (500g) at Food Lover's Market.

For the beef connoisseur

Wagyu beef – with its delicious marbling – is the ultimate breed of beef. Read about SA's very own Wagyu farm on page 110 and try the tasty recipes with Woodview's Wagyu Black Magic Sauce for dipping or marinading. R50 from Jackson's Real Food Market (Bryanston) or Country Meat Butchery (Fourways) or Sloane Meat Market. Or order at wagyu.co.za for delivery straight to your door!



Win

One lucky reader can win an Alifurn Valentina Daybed valued at R17 718!

Enjoy our wonderful weather and make precious memories with friends and family by sinking into an Alifurn Valentina Daybed. All Alifurn's frames are made from rust-resistant, lightweight aluminium and fitted with hand-woven all-weather fibre cane, resulting in strength and durability – perfect for your poolside!

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To enter, email your name, postal address and ID number to foodhome@caxton.co.za by 15 March 2015. Prize includes cushions and delivery to Durban, Joburg or Cape Town. Picture for illustrative purposes only. Colour/fabric customised to winner's requirement. T&Cs apply.

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STELLENBOSCH: BISTRO 13

Chef Nic van Wyk – perhaps best known as a judge on KykNET's *Kokkedoor* – has set up shop in Stellenbosch with his bistro-style eatery. Nic's focus is on classic cooking and the art of the well-crafted sauce. Set in the apex of Stellenbosch Vineyards, guests can try out the wines in the adjacent tasting room. The menu is sheer simplicity and the carefully orchestrated ingredients of the dishes let the masterwork of the sauces shine. My favourite, home-made gnocchi, chorizo and mussels, are brought together with a velouté of mussel juices and cream. Another dimension the chef brings to the plate is his use of pickles in the sweetbread starter and the crispy calamari dish is balanced with sweet cucumbers. The mains are just as classic. Think crumbed pork fillet with smoked mash and cabbage or lamb rib-eye with soft polenta. Desserts are light and fresh, like vanilla panna cotta and macerated mango. Welmoed Estate, R310 Baden Powell, Stellenbosch; 021-881-3044. *By Malu Lambert*

JOBURG: LIÈGE CAFÉ

tashas at Atholl Square has some new competition with the beautiful restaurant and pâtisserie, Liège Café, opening directly across from it. Here, you'll find fourth-generation pâtissier and chef Jean-Francois Schevenels creating the most buttery brioche and croissants, as well as decadent crispy Belgian waffles softened with vanilla crème Anglaise and dark-chocolate ganache. Their coffee is superb and, while the menu is perfect for breakfast or brunch – think pillowy scrambled eggs – they also offer mains for lunch and dinner, including châteaubriand with a classic Béarnaise sauce. Atholl Square, corner of Katherine Street and Wierda Road East, Sandton; 011-036-2924. *By Taryn Das Neves*



EAT OUT @

DURBAN: THE BOILER ROOM

The Boiler Room Café is the love child of Graham and Gina Neilson who own Durban's much-loved 9th Avenue Bistro. Located in the iconic former Lion Match Factory, an industrial look prevails in the double-volume space with large metal windows, concrete floors and metal chairs. Huge murals and indoor trees give it an urban edge. The food is uncomplicated – it's cooked with love, bursting with flavour and, very often, evokes a sense of nostalgia. For a breakfast of champions, try the unctuous pork sausage and rosemary caramelised-onion bun, and look out for specials like the braised pork cheek served with crumpets, rum-caramelised banana and a maple sauce. Lunch segues from a salad of steak strips, biltong butter, avocado, tomato, rocket and croutons to a charcoal-roasted pork bun with pickled cabbage and Kewpie mayonnaise or a grilled-ostrich burger with Gorgonzola, bacon and pickled pear. Gourmet milkshakes – lemon meringue, salted caramel or red velvet – are served in glass jars and instil a sense of childlike wonderment. Lion Match Office Park, 892 Umgeni Road, Durban; 031-312-9134. *By Tracy Gielink*





MARKET OF THE MONTH:

KARKLOOF FARMERS' MARKET

A FREELANCE JOURNALIST

SPECIALISING IN FOOD, GILL HYSLOP BELIEVES

THAT ALL FOOD SHOULD BE TRIED TWICE –

IN CASE IT'S COOKED BADLY THE FIRST TIME.

IT'S PROVING TO BE A DELICIOUS EXPERIENCE.

Ssshhh... it's a secret, one held fairly jealously by the residents of and visitors to the Karkloof. That a fab farmers' market is held every Saturday outside of Howick isn't much of a surprise, but the fact that Karkloof Farmers' Market is one big social gathering is a wonderful revelation. I found myself being drawn in by both vendor and customer alike, chatting and sharing and just loving the sunny country morning, albeit the ominous clouds above (mist is an old friend here).

The thrust behind the market is to sell directly to the customer, eliminating the cost-incurring middleman and allowing the producer to get produce across to the consumer at its freshest. "Most of our vendors have been with us since the beginning; it's a very close community," explains co-founder Andrea Gibson, although she notes the turnaround is fairly high, as producers suddenly find an increased demand for their products and move on to establish formal businesses.

So, other than the must-visit weekly spot to pick up an enormous wedge of Di's Deli excellent pork pie, Victor's Portuguese custard tarts, Wild Bread Co.'s wild yeast sourdough bread and African Bee Deli's moreish chicken-liver pâté, there's also a Jackson Pollock-esque selection of fresh veggies, Wedgewood honey nougat, yummy-looking gluten-free stuff and curries made only the way they do in Durbs.



Come for the buzz, great coffees (from Terbodore Coffee), sweet treats, books to browse over and to meet friends – both old and made that morning!

Di's Deli picnic pork pie

Makes 1 large pie **EASY**
2 hrs 30 mins + overnight,
to set

FILLING

300g pork sausage meat
200g pork fillet, diced
6 rashers bacon, finely chopped
1 onion, chopped
45g breadcrumbs
salt and freshly ground black pepper, to taste
small handful fresh sage, finely sliced
5 hard-boiled eggs, peeled

PASTRY

220ml water
125g lard
480g cake flour
1 egg yolk
1 egg mixed with a little water, to wash

ASPIC

250ml (1 cup) water
20ml (4 tsp) gelatine powder
10ml (2 tsp) chicken stock powder
30ml (2 tbsp) apple/cranberry jelly

1 Preheat the oven to 200°C

and lightly grease a 24cm loose-bottomed cake tin.

2 For the filling, combine all of the ingredients (except the eggs) and mix well.

3 For the pastry, place the water and lard in a pot over medium heat. Remove from heat once melted and allow to cool slightly.

4 Mix the flour and egg yolk together, add the water and lard mixture and form into a dough ball. While still warm, roll out the pastry and line the tin using half of it.

5 Place half of the filling over the pastry, then add the eggs. Top with the remaining filling. Make a lid with the remaining pastry and pinch to close, trimming the edges to neaten. Make a hole in the centre to release steam, egg-wash the lid and put in the oven, 45 minutes. Reduce the heat to 180°C and bake for a further hour.

6 For the aspic, gently heat all of the ingredients to dissolve the gelatine. Take care not to boil.

7 Once cooked, allow the pie to cool slightly then pour the aspic into the hole, letting it seep into the filling. Leave to cool completely before refrigerating overnight to set.

Karkloof Farmers' Market, 2,6km from Howick along the Karkloof Road. Open every Saturday from 7am – 11am.
karklooffarmersmarket.co.za

Thai basil



ONE OF THE PRETTIEST OF HERBS, THAI BASIL IS A GREAT ADDITION TO ANY GARDEN WITH ITS LUSH GREEN LEAVES AND PURPLE STEMS. WHILE IT'S CALLED THAI BASIL, IT'S USED IN MANY SOUTH ASIAN CUISINES BESIDES THAI, ESPECIALLY VIETNAMESE AND CAMBODIAN

In the kitchen

With a sweet and aniseed flavour, which differentiates it from the general basil plant, Thai basil's leaves are much more robust, allowing it to keep its flavour during high-heat cooking – ideal for wok stir-fries and curries. It also makes a great infusion with vinegar or oil and can make for a refreshing cup of tea if you enjoy liquorice flavours.

How to grow

Sun is the key factor when growing Thai basil at home and the plant will need at least six hours of direct light during the day to flourish. Water weekly but try to avoid watering the leaves as this can cause them to turn yellow. Water your plant before picking the leaves – it will intensify their flavour.

Did you know?

Plant rosemary with your Thai basil as they enjoy similar soil and water conditions.

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Steeped in a history that dates back to 1692, and nestled in the foothills of the idyllic Jonkershoek Valley of Stellenbosch, the 300-year-old Lanzerac Wine Estate is synonymous with old-world charm and rich Cape heritage. A mere five minutes from the historic town of Stellenbosch, the estate boasts dramatic mountain ranges, endless rows of lush vineyards and hectares of award-winning landscaped gardens shaded by giant oak trees.

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For more information call 021-887-1132, email info@lanzerac.co.za or visit lanzerac.co.za.

THE PRIZE Three nights' accommodation for two guests sharing in either the presidential suite or royal pool suite; breakfast daily: a gourmet continental buffet and English breakfast; complimentary use of the spa's hydro facilities, including an indoor heated pool, sauna and jacuzzi; a wine tasting of four Lanzerac Estate wines at the Lanzerac Winery and a cellar tour of the Lanzerac Winery. Valid from 1 April – 1 December 2015. All items not listed above must be settled by guest directly. Not transferable to cash. Not exchangeable.



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HERE'S THE SCOOP



AMANDA MAIDMAN IS DELIVERING
SCOOPS OF UNADULTERATED
ICE-CREAM BLISS IN KZN

By TRACY GIELINK

Recipes and styling by AMANDA MAIDMAN

Photographs by CLINTON FRIEDMAN

Ice cream is magical. It is inextricably woven into childhood memories and pervades adult culinary pursuits... Heston Blumenthal experiments with it, kids beg for it and adults never outgrow the intense pleasure of indulging in it.

Scoop is the ice cream for purists and hedonists. It's produced with much love on the KwaZulu-Natal north coast by English-born Amanda Maidman, who has a 'no nasties' policy – eggs are used to stabilise, the freezer to preserve and nature to colour. "I never imagined it would be this much fun or attract such incredible feedback!" she enthuses. "For most people it's a brand-new experience, but even my regular customers are excited about the taste. The flavour is so intense and the texture so silky, you can't help but express pleasure. Nor did I realise there would be such opportunity to celebrate everything KZN!"

"A major part of the brand was always to celebrate KZN produce. We have access to so many amazing ingredients and I like to use them when they are at their best, hence the flavours coming on and off the menu. I like to use ingredients from traceable sources as much as possible and support local farmers. I use eggs, milk, cream and sugar from KZN. Lemons, limes, naartjies, bananas, strawberries, granadillas, macadamias, honey and ginger are from local farms."

Amanda qualified in hotel and catering management and her talent was recognised when she was employed to set up gastro pubs by a company called The Spirit Group. She set up and operated six pubs in the UK, with The Fire Stables in Wimbledon Village winning the *Time Out* Best Gastro Pub of the Year two years in a row. She relocated to South Africa in 2006 and, after being a full-time mom for five years, Amanda was approached by Wagamama UK in 2011 to help set up a new concept in Leamington Spa.

"When I came back to South Africa in 2012 I realised I wanted to do something here. I had always fiddled around with ice cream at home since



EATING LOCALLY

the head chef at The Fire Stables had introduced me to it – Frances McKellar made the most incredible desserts and refused to serve them with commercial ice cream. I couldn't believe the difference and started making them myself too. The passion started there.”

Amanda adapted her recipes from domestic to commercial use and now has three bases to which different ingredients are added. The Scoop repertoire includes 40 flavours and



counting and, aside from the salted caramel, the other popular choices are strawberry sorbet, 70% chocolate, and toasted coconut with pineapple sorbet.

“Funnily enough, the first time I made butter salted caramel I thought ‘never again’; I didn’t like it at all. But I handed it out to a few friends and they loved it. It’s now one of my bestsellers,” she says. Other regular flavours include Madagascan vanilla, vanilla with toasted macadamias, and vanilla with salted macadamia praline. Seasons could bring with them flavours like pineapple and ginger sorbet, fresh mint with 70% chocolate chips, cinnamon ice cream, mango sorbet and naartjie sorbet.



“I love nothing more than digging ice cream straight out of the tub after dinner, but sometimes I want it in a sugar cone. At Christmas, we were enjoying cinnamon ice cream with mince pies. I always recommend strawberry sorbet with chocolate brownies.

“I usually start a Saturday market at 8am with a chocolate-dipped sugar cone loaded with 70% chocolate-chip ice cream. After dinner, I like a vanilla cone with toasted-coconut ice cream and strawberry sorbet,” Amanda muses.

Scoop ice cream (R55 per 500ml) fast developed a fervent following at local markets and is still sold at Ballito Foodies’ Market, Litchi Orchard and Burnedale Farmers’ Market. Amanda also sells home-made vanilla and chocolate-dipped sugar cones, and will be introducing mixes that can be added to soup up flavours. Scoop will be spreading the love... watch out for decadent ice cream in bespoke retail spaces, including an open-plan kitchen and shop in Ballito.

Scoop; 082 307 1096;
scoopicecream.com





Strawberry sorbet with rosé sparkling wine and pomegranate jewels

Makes 1L (4 cups) **EASY** 1 hr 15 mins + freezing time

THE FLAVOUR COMBINATIONS

1kg strawberries, washed and prepared

300g sugar

25ml freshly squeezed lemon juice

200ml rosé sparkling wine
jewels of 2 pomegranates

HOW TO DO IT

1 Combine the strawberries and sugar in a container with a lid and leave to steep, at least 1 hour, but no more than 4.

2 Pour the mixture into a blender, add the lemon juice and blitz to combine, about 1 minute.

3 Sieve the mixture and stir in the sparkling wine. Add to the ice-cream machine and churn according to the manufacturer's instructions. Fold in the pomegranate jewels just before freezing. If you do not have an ice-cream machine, place the mixture in a freezer-proof container and put in

the freezer. Mix every 30 minutes until frozen to prevent crystals from forming. Stir in the pomegranate jewels just before the sorbet freezes completely.

Fresh mint ice cream with 70% chocolate chips

Makes 1L (4 cups) **A LITTLE EFFORT**

1 hr 30 mins + overnight, to chill + freezing time

THE FLAVOUR COMBINATIONS

500ml (2 cups) milk

150g sugar

2 handfuls fresh mint, washed

6 large egg yolks

500ml (2 cups) heavy cream

100g 70% dark chocolate, chopped into small pieces

HOW TO DO IT

1 Warm the milk, sugar and mint gently in a medium saucepan until the sugar has dissolved. Remove from heat and leave to steep at room temperature for 1 hour. Strain the mint from the milk mixture.

2 Whisk the egg yolks in a bowl. Slowly pour the milk mixture into the whisked egg yolks, whisking constantly. Pour the egg-yolk mixture back into the saucepan. Gently heat the mixture on a medium setting, stirring continuously until the mixture thickens and coats the back of a spoon. Be careful not to overheat as the mixture will split.

3 Prepare an ice bath using a mix of ice and water and stir the ice-cream mixture over the ice bath until cool. Refrigerate to chill, at least 4 hours but preferably overnight.

4 Pour the cream into a separate bowl and place a strainer on top of it. Strain the chilled custard into the cream.

5 Pour the mixture into your ice-cream maker and churn according to the manufacturer's instructions. Once churned, stir in the chocolate and freeze. If you do not have an ice-cream machine, place the mixture in a freezer-proof container and put in the freezer. Mix every 30 minutes until frozen to prevent crystals from forming. Stir in the chocolate just before the ice cream freezes completely.

66 **COOK'S TIP**
If you want the mint ice cream to be green in colour, try adding 20ml (4 tsp) peppermint liqueur before churning. **99**





EATING LOCALLY



Madagascan vanilla ice cream with salted macadamia praline

Makes 1L (4 cups) **EASY** 45 mins + overnight, to chill + freezing time

THE FLAVOUR COMBINATIONS ICE CREAM

500ml (2 cups) milk
150g sugar
1 vanilla pod, split in half lengthways
6 large egg yolks
500ml (2 cups) heavy cream
5ml (1 tsp) vanilla extract

SALTED MACADAMIA PRALINE

200g sugar
5ml (1 tsp) Himalayan salt
150g macadamia pieces

HOW TO DO IT

1 Warm the milk, sugar and vanilla pod (scrape out the seeds and add both seeds and the pod) gently in a medium saucepan until the sugar has dissolved. Remove from heat and leave to steep at room temperature for 30 minutes.

2 Whisk the egg yolks in a bowl. Slowly pour the milk mixture into the egg yolks, whisking constantly. Pour the egg-yolk mixture back into the saucepan.





Gently heat the mixture on a medium setting, stirring continuously until the mixture thickens and coats the back of a spoon. Be careful not to overheat as the mixture will split.

3 Prepare an ice bath using a mix of ice and water and stir the ice-cream mixture over the ice bath until cool. Refrigerate to chill, at least 4 hours but preferably overnight, leaving the vanilla pod in the mixture to strengthen the flavour.

4 Pour the heavy cream into a separate bowl and place a strainer on top of it. Strain the chilled custard into the cream and add the vanilla extract.

5 When ready to churn, pour the mixture into your ice-cream maker and follow the manufacturer's instructions. If you do not have an ice-cream machine, place the mixture in a freezer-proof container and put in the freezer. Mix every 30 minutes until frozen to prevent crystals from forming.

6 For the praline, grease a large baking sheet.

7 Spread the sugar in an even layer in a large saucepan. Warm over medium heat and, keeping a close eye on the pan, swirl the sugar around the pan as it starts to change colour

(do not be tempted to mix the sugar). Continue swirling the sugar around the pan until all of the sugar has turned amber in colour, almost to the point of burning. Immediately add the salt and macadamias. Give the mixture 1 last good swirl around, then quickly pour onto the prepared baking sheet.

8 When hardened, break the praline into bite-size pieces using a rolling pin.

9 When the ice cream has churned, mix the praline through the ice cream before freezing. If you do not have an ice-cream machine, stir in the praline just before the ice cream freezes completely.

Pineapple sorbet with vanilla candied pineapple chunks

Makes 1L (4 cups) **EASY** 15 mins + freezing time

THE FLAVOUR COMBINATIONS SORBET

4 large pineapples, peeled and cubed

200g sugar

CANDIED PINEAPPLE

1 large pineapple, peeled

150g sugar

seeds of 1 vanilla pod

HOW TO DO IT

1 For the sorbet, blitz together the pineapples and sugar in a blender.

2 Add to the ice-cream machine and churn according to the manufacturer's instructions. If you do not have an ice-cream machine, place the mixture in a freezer-proof container and put in the freezer. Mix every 30 minutes until frozen to prevent crystals from forming.

3 For the candied pineapple, dice the pineapple and add to a small pan with the sugar and vanilla. Cook over medium heat, stirring occasionally, until the pineapple becomes shiny and most of the liquid has disappeared. The pineapple should be glossy and the sauce thick. Be careful not to overcook as it becomes tough.

4 Leave to cool in the pan before stirring into the churned sorbet and freezing. If you do not have an ice-cream machine, stir in the pineapple just before the sorbet freezes completely.





EATING LOCALLY

Madagascan vanilla ice cream with salted macadamia praline

COOK'S TIP

Many recipes can be made with leftover egg whites: they can be used to make meringues, pavlovas, Italian meringue icing, macaroons, marshmallows, egg-white omelettes, angel cake and as an egg wash.

Egg whites freeze well in freezer-stable bags – make sure to write down how many eggs are in a bag and their use-by date, then defrost in the fridge overnight.

Strawberry sorbet with rosé sparkling wine and pomegranate jewels

66 It was the colour of someone buying you
an ice-cream cone for no reason at all. 99

LEMONY SNICKET

Pineapple sorbet with vanilla candied pineapple chunks





THIS EASTER





WHAT TO DRINK, WHEN, WHERE AND HOW... By CLAIRE HU

DRINK UP

Intriguing whites

South Africa is currently making some of the most interesting white wines in the world. Here are three stunners to savour this summer



Creation Viognier 2014, R98

An explosion of summer on the nose, honeysuckle and lemon sherbet are reminiscent of a country garden. Expect yummy notes of citrus, green melon and apricot with a dry finish.



The Fledge & Co. Klipspringer 2014, R100

The innovative young couple (see right) behind what they modestly describe as 'Swartland steen' have taken chenin blanc to a new level. Unfiltered and from bush vines over 30 years old, it's bursting with minerality and earthy hints of lemon.



Solms Delta Amalie 2013, R98

This blend of grenache, chenin blanc, roussanne and viognier is amazingly complex and delicious with a range of dishes, from a Thai curry to grilled fish. Elegant and full of white pepper, apricot and lemon notes, you'll taste it long after the last sip.

Win

One lucky F&HE reader can win a case (6 bottles) of The Fledge & Co. Klipspringer 2014 worth R600. To enter, email your name, contact number, postal address and ID number with "Klipspringer" in the subject line to foodhome@caxton.co.za by 15 March 2015.

WINE JARGON UNRAVELLED...

Bush vines'

It's becoming increasingly popular to make wines from old bush vines found in areas like the Swartland. These free-standing, low-vigour vines are well suited to hot areas like the south of France, and can produce characterful wines from cultivars like chenin blanc and shiraz. The hunt to locate and preserve South Africa's oldest bush vines has been stepped up in recent years.



Q&A

Couple Leon Coetzee and Margaux Nel, of boutique wine company The Fledge & Co., make tiny quantities of handcrafted wines from the best sites they can find.

What's the idea behind The Fledge? Margaux comes from the Nel winemaking family at Boplaas and we met in 2005 while at university. We decided to make interesting wines together, from weird and wonderful cultivars like touriga nacional.

Tell us about your whites. We have a different take on old-vine chenin blanc. We crush it and ferment it in cold conditions for a month, then it's in a tank for nine months. It's a premium, unwooded chenin. Vagabond is our barrel-fermented 'old-school' white and, in 2015, we'll have verdelho, hárslevelű and old-vine chardonnay, chenin and muscat in the mix.

You have a passion for Mediterranean cultivars? We are super-pumped about Portuguese varieties like touriga nacional and touriga Franca. Margaux did her Master's on touriga nacional in the Klein Karoo and it's this varietal that ignited my passion for wine.

What's new? We made five barrels of a red blend with touriga nacional, touriga Franca and souzão in 2012.

Is it difficult taking the orders from your girlfriend? Not at all. We have contradictory but complementary palates and even get my mom involved when deciding on the final blends.

MATCHES MADE *in heaven*

Durbanville Hills is promising to take visitors on a gastronomic journey of discovery with its new food and wine-matching experience. The pairing menu combines subtle flavours and textures to enhance the aromas of each of the six Rhinofields wines, which have received awards both locally and internationally. Good value at R120 per person, the menu includes bresaola with black-olive paste and pesto with Rhinofields Merlot, Moroccan-spiced hummus and prosciutto with Rhinofields Shiraz, and white chocolate and honey crème brûlée with Rhinofields Noble Late Harvest. Mouth-watering! Call 021-558-1300 to book.



Chef Pete Goffe-Wood (right) with the Castle Brewery staff

Brewing up a storm

Castle Lager is introducing a first for Africa by offering punters in Cape Town unpasteurised beer straight from the brewery. Castle 1895 Draught is piped directly from Newlands Brewery's tanks into a dedicated 'Fresh Beer Truck', straight to 500L copper tanks and into the glass – all within the space of a few hours. While unpasteurised local beer is common in countries like Belgium and the UK, most SA brews are pasteurised for longer life, which some believe diminishes its naturally lively characteristics. "Beer is an exciting pairing partner as it works beautifully with food on a number of levels – everything from a flavour perspective all the way to the cleansing mouth feel," says chef Pete Goffe-Wood.

Dates for the diary...

1 March. At Eikendal Weintaufe Harvest Celebration, guests can sample the first wine of the harvest straight from the barrel. Cucina di Giovanni restaurant will be offering gourmet pizzas and shawarmas, and guests can enjoy live music, tractor rides, golfing action, cheetah viewings and face painting. R40; info@eikendal.co.za

4, 11, 18, 25 March. Catch a glimpse of the inner workings of Durbanville Hills estate during harvest with an evening cellar tour. R450 per couple includes a welcome drink, tour, barrel tastings and picnic for two with wine. sibrown@durbanvillehills.co.za

20 – 21 March. The FNB Mpumalanga Wine Show takes place at the newly refurbished Southern Sun Emnotweni Arena in Nelspruit. More than 350 wines, cap classics, ports and brandies will be available to taste. R145; computicket.com

21 March. Celebrate the end of the harvest at the ATKV Oesfees at Solms-Delta Wine Estate in Franschhoek. Sample local food like waterblommetjie bredie and snoek en patat, get on down to music acts, including Elvis Blue, and taste great wines. R130; solms-delta.co.za; 021-874-3937

Books for cooks

DIGESTING THE LATEST ON THE CULINARY SHELVES... By TARYN DAS NEVES

#TRENDING

BISTRONOMY: FRENCH FOOD UNBOUND (MURDOCH BOOKS, R685)

Katrina Meynink goes underground to discover the pulsing life at the centre of the bistronomy movement in Paris and its effects across the globe. Here, she unfolds the stories of the tattooed and burly chefs who are raising the culinary bar and pushing boundaries by creating dishes that are as beautifully crafted and presented as any haute cuisine, but with an edgy, no-fuss, 'shared-table' mentality. While the recipes are not for the novice cook, they'll add wow factor to a trendy dinner party.

A TIMELESS COLLECTION

TESSA KIROS: THE RECIPE COLLECTION (MURDOCH BOOKS, R459)

With 12 bestselling cookbooks, it's no wonder Tessa Kiros felt the need to gather some of her best recipes together in a collection spanning her heritage in Italian, Greek, Portuguese, South African and Finnish cuisine. The dishes are comforting and perfect for entertaining (leg of lamb with oregano and lemon) or quiet dinners at home (spaghetti and meatballs). You'll find some South African gems tucked among the pages, from baked pumpkin with butter and brown sugar to milk tart.



ONE-POT WONDER

ADAM'S BIG POT (HACHETTE, R414)

If Asian is your culinary persuasion then *MasterChef Australia* 2010 winner Adam Liaw's latest cookbook is perfect for midweek meals. With recipes focused on using one pot, wok, pan or dish, they are suited to sharing with family and friends. From Thailand, Japan, Vietnam, India, Korea and China, you'll find it hard to select which dish to make first – think teriyaki steak, butter chicken, salt-and-pepper squid and decadent peanut pancakes.

FIVE F&HE READERS CAN EACH WIN A COPY OF ADAM'S BIG POT BY ADAM LIAW FROM EXCLUSIVE BOOKS. TO ENTER, EMAIL YOUR

NAME, CONTACT NUMBER, ID NUMBER AND POSTAL ADDRESS TO FOODHOME@CAXTON.CO.ZA WITH "BIG POT" IN THE SUBJECT LINE. ENTRIES CLOSE ON 15 MARCH 2015.



INTERNATIONAL FLAIR

In **MY PORTUGAL** (STEWART, TABORI & CHANG, R457), George Mendes offers Portuguese lovers a taste of all the classic dishes but with a Michelin-star chef's flair. Take your pork and clams to the next level with pork belly and pickles and finish your mussel soup with coconut mousse.

THE CUBAN TABLE (ST. MARTIN'S PRESS, R442) is a culinary journey through the homes and markets of Cuba. Filled with exquisite photographs, which capture the cuisine and the individuals whose stories are woven through the pages, it's a great travel guide for any foodie interested in visiting this soulful island. From plantain omelettes to creole shrimp and flan de leche, recipes abound with Cuban spirit and flavour. Visit the cocktail section for some fiesta fixes.

EXCLUSIVE BOOKS' TOP 10 COOKERY TITLES

1	Platter's South African Wine Guide 2015	John Platter
2	The Real Meal Revolution	Professor Tim Noakes et al
3	Weber Braai Bible	Jamie Purviance
4	Durban Curry: So Much of Flavour	Erica Platter & Clinton Friedman
5	Jamie's Comfort Food	Jamie Oliver
6	Plenty More	Yotam Ottolenghi
7	Tannie Poppie Kook	Poppie Coetzer
8	Braai the Beloved Country	Jean Nel
9	Die Kos Revolusie	Professor Tim Noakes et al
10	Cooked in the Karoo	Justin Bonello

Use your noodle

Recipe and styling by SAM LINSELL
Photographs by WARREN HEATH

Asian noodle salad

This quick and easy salad is a great side to any grilled chicken, meat or fish dish. You could add shredded chicken or cooked prawns too, and turn it into the main event
Serves 2 **EASY** 15 mins

THE FLAVOUR COMBINATIONS DRESSING

30ml (2 tbsp) sunflower oil
30ml (2 tbsp) sesame oil
4 spring onions, roughly chopped
30ml (2 tbsp) soya sauce
15ml (1 tbsp) lime juice
15ml (1 tbsp) lemon juice
1 garlic clove, peeled
10ml (2 tsp) fresh ginger, peeled and grated

5ml (1 tsp) wasabi paste
pinch dried chilli flakes/½ fresh chilli, chopped
15ml (1 tbsp) honey

SALAD

125g rice noodles
3 baby marrows/½ cucumber, cut into ribbons or julienned
4 spring onions, thinly sliced
small handful fresh coriander, roughly chopped

15ml (1 tbsp) sesame seeds, toasted, to garnish
½ red chilli, finely sliced, to garnish

HOW TO DO IT

- 1 For the dressing, blitz together all of the ingredients using the Breville Control Grip Immersion Blender with chopper attachment until you have a rough-textured dressing.
- 2 For the salad, soak the rice noodles according to the packaging's instructions, rinse under cool water and drain.
- 3 Toss the dressing through the noodles with the remaining salad ingredients. Garnish with the sesame seeds and chilli and serve with any remaining sauce on the side.

Breville kitchen appliances are available from @home stores; 0860 66 66 74; home.co.za.

“Breville’s Control Grip Immersion Blender makes light work of dressings and sauces without the need for chopping.”

1 Fat chance



One quick way to remove fat from stews and soups is to drop in an ice cube while cooking. This will cause the fat to congeal, making it easier to scoop out with a spoon.

2 Rice-cue remedy



Most of us have burnt rice at some point in our lives! If you catch the rice just as it is starting to burn, quickly transfer it to a clean pot, leaving the burnt bits at the bottom of the old pot. Place a slice of bread on top of the saved rice, cover with a lid (to help reduce the burnt smell) and set aside, 15 – 20 minutes. The bread will remove much of the burnt taste.

3 SPICE UP YOUR LIFE

Cinnamon is good for you! Adding this spice to any food will help to lower blood pressure. It is also known to assist with healing throat infections – due to its anti-inflammatory and anti-bacterial properties – as well as lower cholesterol levels.



4 RISE TO THE CHALLENGE

HOW LONG DO FRESH AND DRY YEAST KEEP AND HOW DO YOU TEST IF THEY ARE ACTIVE?

Yeast is a leavening agent, which uses sugar as 'food'. When flour and sugar are added to it, it begins to ferment and releases carbon dioxide, which makes your bread rise. Fresh yeast is highly perishable and it should be frozen for a maximum of 3 weeks if not used immediately. Dry yeast can be stored in a sealed container at room temperature until the expiry date, or within 4 months of opening and resealing. To test if yeast is still active, place a little yeast (fresh or dry) in a cup of warm water with a bit of sugar and let it stand for 5 minutes at room temperature. If it doesn't foam, it is not active – it might be that it has expired or was not stored properly. Discard the remaining yeast as it will affect your end result.



5 DEEPLY DIPPY

Slicing apples into 2cm-thick rounds and coating them with melted chocolate instead of sugar syrup makes them easier to eat than regular toffee apples. Insert skewers into the apple slices, dip into melted chocolate of your choice then sprinkle with hundreds-and-thousands or your preferred decorative confectionary. Place on a tray lined with greaseproof paper and refrigerate to set, 20 minutes.



COLOUR CODE

Know your fruits and vegetables and their benefits by their colours! The various colours indicate different nutrient profiles, so focus on getting a little of each hue in your diet every day to maximise the benefits.

RED fruits and veggies, such as raspberries, tomatoes, guavas, watermelon, red cabbage, cherries, strawberries and beetroot, are rich in powerful antioxidants – such as lycopene and anthocyanins – which can help reduce your risk of cancer.

ORANGE AND YELLOW fruits and vegetables, such as oranges, apricots, papaya, peaches, pumpkin, orange peppers, persimmon and carrots, are loaded with beta-carotene, which your body converts to vitamin A, a nutrient that improves night vision and helps to keep your skin, teeth and bones healthy. They also contain folate, a B vitamin, that prevents neural-tube defects in unborn infants.

GREEN veg and fruits, such as avocado, broccoli, spinach, green beans, kiwi, cabbage and celery, are good for bones and teeth, and their vitamin K content helps your blood to clot properly. Their vitamin C and E content may assist in lowering your risk of chronic diseases.

BLUE-BLACK AND PURPLE fruits and vegetables, such as blueberries, aubergines, purple cabbage, blackcurrants, figs and purple potatoes, contain various phytochemicals, including anthocyanins – natural plant pigments with antioxidant properties that may reduce your risk of cardiovascular disease. They also boast flavonoids and ellagic acid, compounds that help destroy cancer cells, according to the American Institute for Cancer Research. The anthocyanins and ellagic acid in blueberries have been shown to fight cancer cells in the lungs, stomach, breasts and pancreas. Anthocyanins and ellagic acid also show anti-inflammatory properties that may prevent cancers of the oesophagus and colon.

WHITE fruits and veg, including apples, pears, bananas, cauliflower and cucumbers, are high in dietary fibre – helping to protect you from high cholesterol – and antioxidant-rich flavonoids, such as quercetin. They may also lower your risk of stroke, according to a group of Dutch researchers who published a study with the American Heart Association in 2011.

Source: healthyeating.sfgate.com



FRESH

Just beet it

WHETHER YOU ROAST IT WHOLE, BLEND IT INTO A SOUP OR LIQUIDISE IT FOR JUICE, BEETROOT IS LOW IN FAT, PACKED WITH VITAMINS AND MINERALS AND BOASTS POWERFUL ANTIOXIDANTS. IT'S A HEALTH-FOOD TITAN! WE RECOMMEND YOU STICK TO THE BEET...

Recipes and styling by
NOMVUSELELO MNCUBE
Photographs by
ROELENE PRINSLOO



“

The beet is the melancholy vegetable, the one most willing to suffer. You can't squeeze blood out of a turnip...

TOM ROBBINS

”

Did you know?

Beetroot may be an aphrodisiac. The red vegetable contains high amounts of the mineral boron, which has been linked to increased testosterone levels in the blood.

Beetroot for the brain. Beetroot juice contains nitrates, which increases blood flow to the brain and may be able to fight the progression of dementia in older people.

Beetroot for blood pressure. The same nitrates in beetroot juice lower blood pressure, which may protect against heart disease.

Top tip!

To cure 'pink fingers' when cooking beetroot, rub with lemon juice and salt before washing with soap and water. On fabrics, try rubbing a slice of raw pear on the stain before washing, or rinse in cold water before washing with a biological powder.

Salmon with rosemary-roasted beetroot and Gorgonzola sauce

Serves 6 **EASY** 45 mins

THE FLAVOUR COMBINATIONS

10 medium beetroots, washed and cut into wedges

5 sprigs fresh rosemary

60ml (¼ cup) olive/avocado oil

4 garlic cloves, peeled and crushed

Maldon sea salt and freshly ground black pepper, to taste

6 x 200g salmon fillets

olive oil, to rub

GORGONZOLA SAUCE

390g Gorgonzola

450ml fresh cream

freshly ground black pepper, to taste

300g baby spinach, to serve

HOW TO DO IT

- 1 Preheat the oven to 180°C. In a large bowl, mix together the beetroot, rosemary, oil, garlic and salt and pepper until combined. Place on a baking tray and roast until the beetroot is cooked, 30 minutes.
- 2 Rub the salmon fillets with olive oil and season to taste. Sear over high heat on a large non-stick griddle pan, 2 minutes on each side.
- 3 For the sauce, add all of the ingredients to a blender and blitz until smooth, about 2 minutes.
- 4 Place some spinach on a plate, top with a salmon fillet and add a side of beetroot. Serve with the Gorgonzola sauce.



Beetroot salad with citrus and poppy-seed vinaigrette

Serves 6 **EASY** 20 mins

THE FLAVOUR COMBINATIONS VINAIGRETTE

80ml (1/3 cup) fresh orange juice
80ml (1/3 cup) Westfalia Avocado oil Herb-flavoured infusion
30ml (2 tbsp) honey
15ml (1 tbsp) Dijon mustard
30ml (2 tbsp) red wine vinegar
125ml (1/2 cup) balsamic vinegar
15ml (1 tbsp) poppy seeds
salt flakes and freshly ground black pepper, to taste

SALAD

2 medium candy-striped beetroots
2 medium golden beetroots
2 medium red beetroots
2 avocados, skin and pip removed and sliced
handful fresh basil
handful rocket
100g walnuts, toasted
100g Parmesan shavings

HOW TO DO IT

- 1 For the vinaigrette, whisk together all of the ingredients in a bowl and season to taste.
- 2 For the salad, slice the beetroots into very thin slices using a sharp knife or mandoline. Arrange on a plate with the remaining salad ingredients and drizzle with the citrus vinaigrette.



Beetroot and chocolate cake

Makes 1 cake **EASY** 1 hr 15 mins

THE FLAVOUR COMBINATIONS CAKE

500g plain flour
75g cocoa powder
10ml (2 tsp) baking powder
3ml bicarbonate of soda
5ml (1 tsp) ground cinnamon
pinch salt
200g soft brown sugar
4 large eggs
10ml (2 tsp) vanilla extract
375ml (1½ cups) buttermilk
250ml (1 cup) sunflower oil
5 medium (160g) raw beetroots,
peeled and coarsely grated

ICING

150g soft butter
400g icing sugar, sifted
zest of 1 lemon
500g Philadelphia Cream Cheese
30ml (2 tbsp) lemon juice
½ medium beetroot, cooked, peeled
and puréed

handful dried rosebuds, to serve

HOW TO DO IT

1 Preheat the oven to 180°C. Grease two 23cm-round springform cake tins and line the bases and sides with baking paper.
2 For the cake, sift the flour, cocoa, baking powder, bicarbonate of soda, cinnamon and salt into the bowl of a free-standing blender. Add the sugar,

eggs, vanilla, buttermilk and oil and beat the mixture until smooth. Add the grated beetroot and beat again.

3 Pour the mixture into the prepared tins and bake until a skewer inserted into the middle of the cake comes out clean, about 30 minutes. Remove from oven and leave to cool in the trays, 10 minutes. Remove from the tins and transfer to a wire rack to cool completely.

4 For the icing, beat together the butter, icing sugar and zest until smooth and creamy, about 10 minutes. Add the cream cheese, lemon juice and beetroot purée and continue to beat until smooth.

5 Once cooled, use half of the icing to sandwich the cakes together. Ice the top and sprinkle with rosebuds to serve.





PERFECTLY *paired*

DELICIOUS IN DESSERTS AND EQUALLY
AT HOME WITH SAVOURY PARTNERS,
PEARS ARE A WOW-FACTOR INGREDIENT
THROUGHOUT YOUR MENU

Recipes and styling by ILLANIQUE VAN ASWEGEN
Photographs by ADEL FERREIRA

“For an unusual French toast
alternative, try replacing
ordinary sliced bread with sliced
croissants – they’re buttery and
utterly scrumptious!”



French toast with baked pears

The softly baked pears add a touch of sweetness to this stack of French toast
Serves 4 **EASY** 45 mins

THE FLAVOUR COMBINATIONS BAKED PEARS

4 pears, peeled and halved
zest of 2 oranges
250ml (1 cup) orange juice
30ml (2 tbsp) honey
15g butter, melted
seeds of 1 vanilla pod
15ml (1 tbsp) rose water (optional)

FRENCH TOAST

5 eggs
80ml (⅓ cup) fresh cream
pinch salt
5ml (1 tsp) sugar
butter, to fry
8 thick slices bread

crème fraîche, to serve
icing sugar, to dust (optional)

HOW TO DO IT

1 Preheat the oven to 200°C. For the baked pears, place the pears, cut-side down, in a baking dish. Stir the remaining ingredients together and pour over the pears. Cover with foil and bake until tender, 30 minutes.

2 For the French toast, whisk the eggs, cream, salt and sugar together in a shallow bowl. Heat the butter in a frying pan over medium heat until melted. Dip each slice of bread into the egg mixture, and fry until golden and cooked through, 1 – 2 minutes on each side.

3 Top each stack of French toast with a pear or two, add a dollop of crème fraîche and drizzle some of the cooking liquid from the pears on top. Add a dusting of icing sugar if you prefer it slightly sweeter.

Goat's cheese, pear, Parma ham and pine-nut salad

This salad combines some robust flavours all in one dish – salty, tangy and sweet... they're all there!

Serves 4 **EASY** 30 mins

THE FLAVOUR COMBINATIONS DRESSING

125ml (½ cup) cranberry juice
30ml (2 tbsp) red wine vinegar
15ml (1 tbsp) olive oil
5ml (1 tsp) sweet chilli sauce
5ml (1 tsp) wholegrain mustard
salt and freshly ground black pepper, to taste

SALAD

4 handfuls watercress
3 pears, cut into thin wedges
200g goat's cheese logs, cut into rounds
8 slices Parma ham
60ml (¼ cup) pine nuts, toasted

HOW TO DO IT

- 1 For the dressing, whisk everything together and season to taste.
- 2 For the salad, place the watercress in a serving dish and top with the pear wedges, followed by the cheese. Add the Parma ham and scatter over

the nuts. Drizzle with the dressing just before serving.

COOK'S TIP

To add a creamy dressing instead of the cheese rounds, simply blend the goat's cheese with a little milk and seasoning until smooth. Drizzle over the salad to serve.





66

COOK'S TIP

Try replacing the pork belly with barbecued pulled pork or braised beef brisket. For a really quick alternative, simply use Parma ham.

99



Slow-cooked pork belly and pear open sandwich

The rich, buttery pork belly marries well with the sweet pears

Serves 4 **EASY** 2 hrs 20 mins

THE FLAVOUR COMBINATIONS

PORK BELLY

600g pork belly
30ml (2 tbsp) Chinese five spice
5ml (1 tsp) garlic, peeled and crushed
10ml (2 tsp) olive oil
salt and freshly ground black pepper, to taste
375ml (1½ cups) apple juice
80ml (⅓ cup) white wine

PEARS

30g butter
15ml (1 tbsp) brown sugar
10 fresh sage leaves, chopped
2 pears, sliced

125ml (½ cup) cultured cream
4 mini baguettes, halved
2 handfuls fresh rocket

cracked black pepper, to serve

HOW TO DO IT

- 1 Preheat the oven to 190°C. For the pork belly, score the skin. Combine the Chinese five spice, garlic and oil, and rub it all over the meat. Season and place the pork in a roasting tray. Pour the juice and wine into the tray. Cover with foil and roast until fork tender, about 2 hours.
- 2 For the pears, melt the butter in a pan over medium heat and add the sugar. Stir until melted. Add the sage and pears, and fry until tender, 2 – 3 minutes.
- 3 To assemble, spread cultured cream onto the bread and add some rocket. Top with a few pear slices before adding thin slices of the pork belly. Finish with some cracked black pepper and serve.



IN SEASON



Cheese board with spiced pear preserve and rosemary-flavoured roasted almonds

A simple preserve that makes full use of the sweet and tender nature of the pear – great with creamy cheese and salty Italian cold meats

Serves 4 **EASY** 1 hr 15 mins + cooling time

THE FLAVOUR COMBINATIONS PEAR PRESERVE

4 (500g) pears, finely diced
1 (100g) apple, finely diced
170ml ($\frac{3}{4}$ cup) apple/pear juice
300g sugar
250ml (1 cup) water
3 cinnamon sticks
3 star anise
5 cloves

ROASTED ALMONDS

100g raw almonds
15ml (1 tbsp) olive oil
5ml (1 tsp) fresh rosemary, finely chopped
salt and freshly ground black pepper, to taste

Camembert, to serve
Melba toast/biscuits, to serve

HOW TO DO IT

- 1 For the pear preserve, place all of the ingredients in a pot over medium heat. Bring the mixture to a simmer and stir until the sugar has dissolved. Allow it to gently bubble away until tender and syrupy, about 1 hour. Set aside to cool.
- 2 For the roasted almonds, preheat the oven to 200°C. Toss the almonds, olive oil and rosemary together, and lightly season with salt and pepper. Place on a roasting tray and roast until golden, 6 – 8 minutes. Set aside to cool.
- 3 To serve, place the preserve in a pretty jar or small serving dish. Add the cheese, Melba toast or biscuits and a generous helping of roasted nuts.

COOK'S TIP

Other cheeses that pair well with pears are blue cheese, goat's cheese and mature Cheddar.

Rosé-poached pears served with rose water and honey frozen yoghurt

This is a decadent dessert that can be served with good-quality vanilla ice cream or frozen yoghurt, but making your own is always much more rewarding

Serves 4 **EASY** 1 hr 20 mins + freezing time

THE FLAVOUR COMBINATIONS POACHED PEARS

750ml (3 cups) water
250ml (1 cup) rosé wine
200g sugar
3 slices orange peel
4 pears, peeled



FROZEN YOGHURT

125ml (½ cup) honey
750g Greek yoghurt
seeds of 1 vanilla pod
15ml (1 tbsp) rose water

HOW TO DO IT

1 For the poached pears, place the water, wine, sugar and orange peel in a large pot. Bring the mixture to a boil then simmer to cook off most of the alcohol, 5 minutes.

2 Add the whole pears and simmer gently until tender, 30 minutes. Check after 20 minutes as the cooking time may vary depending on the ripeness of the pears.

3 For the frozen yoghurt, prepare your ice-cream maker according to manufacturer's instructions. Whisk everything together and churn. Freeze for at least 1 hour after churning. Alternatively, place the frozen yoghurt in a freezer-proof container in the freezer and blend every 30 minutes in a free-standing blender until set.

4 To serve, place each pear in a bowl and add a ladle of the cooking juices. Serve with a scoop of frozen yoghurt.

COOK'S TIP

To add a bit of crunch, top the frozen yoghurt with chopped nuts or broken amaretti biscuits.

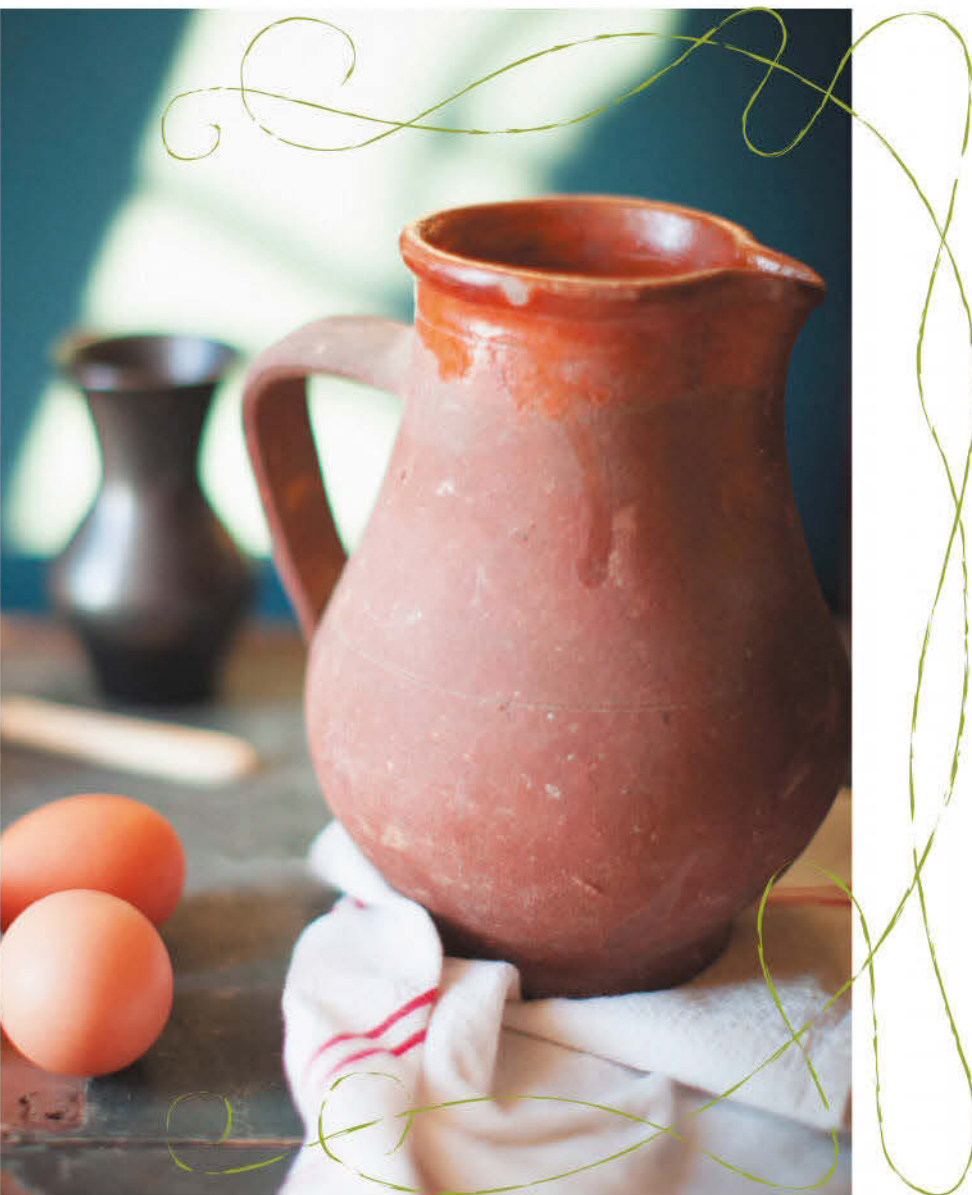


Crêpe couture

THERE'S SOMETHING INCREDIBLY STYLISH
ABOUT CRÊPES – THEY ARE FRENCH, AFTER ALL!

Recipes, styling and photographs by
JAN-HENDRIK VAN DER WESTHUIZEN





It was the French who invented the curly edged, lacy pancake – it sounds like a couture masterpiece. In Brittany, they were made using humble buckwheat or wheat flour and known as crêpes de sarrasin or galettes. They're more popular than bread in the region! Crêperies dot almost every street in France and serve extensive all-crêpe menus, offering fillings ranging from a sprinkling of sugar or a spoonful of jam to layers of ham, vegetables and cheese. They're enjoyed at any time of the day, as a snack or full meal. The modern variations that follow are inspired by the latest seasonal trends.

Basic crêpes

Makes 6 – 8 **EASY** 20 mins

THE FLAVOUR COMBINATIONS

240g cake flour
2,5ml (½ tsp) baking powder
2,5ml (½ tsp) salt
2 large organic eggs
600ml warm milk
60ml (¼ cup) fresh cream
30g butter, melted
15ml (1 tbsp) brandy/beer
sunflower oil, to fry

HOW TO DO IT

1 Mix the flour, baking powder and salt together in a bowl. Beat the eggs and milk in a second bowl until frothy, and gradually add the flour mixture. Add the cream, butter and brandy or beer. Mix well and strain through a fine sieve.

2 Pour a few drops of oil into a warm pan and 'smear' with a piece of paper towel until evenly spread. Add some batter and tilt the pan in all directions to spread evenly. Cook the crêpe over medium-high heat until light brown, about 1 minute. Flip the crêpe by tossing it – if you are daring! – or use a spatula or your fingertips to turn it carefully. Cook for 1 more minute. Place on a plate and keep warm while using up the remaining batter.

Savoury buckwheat crêpes

Makes 8 – 10 **EASY** 20 mins

THE FLAVOUR COMBINATIONS

3 large organic eggs
375ml (1½ cups) water
60g butter, melted
120g buckwheat flour
60ml (¼ cup) whole buckwheat, finely ground in a coffee grinder or pestle and mortar
salt and freshly ground black pepper, to taste

HOW TO DO IT

1 Whisk the eggs, water and melted butter together in a large mixing bowl. Sift together the flour, ground buckwheat, salt and pepper, and stir into the egg mixture. Cover with cling film and refrigerate overnight.
2 Pour a few drops of oil into a warm pan and 'smear' with a piece of paper towel until evenly spread. Add some batter and tilt the pan in all directions to spread evenly. Cook the crêpe over medium-high heat until light brown, about 1 minute. Flip the crêpe by tossing it – if you are daring! – or use a spatula or your fingertips to turn it carefully. Cook for 1 more minute. Place on a plate and keep warm while using up the remaining batter.

Salt-roasted beetroot and goat's cheese crêpes

Serves 4 – 5 **EASY** 1 hr 30 mins

THE FLAVOUR COMBINATIONS

1kg coarse salt
4 medium beetroots, trimmed

DRESSING

125g goat's cheese
60ml (¼ cup) crème fraîche



STYLISH TREAT

30ml (2 tbsp) extra virgin olive/
avocado oil
15ml (1 tbsp) red wine vinegar
5ml (1 tsp) minced shallot
salt and freshly ground black
pepper, to taste

large handful microherbs
juice of ½ lemon
olive oil, to drizzle
1 x quantity savoury buckwheat
crêpes (recipe on page 45)
25ml wholegrain mustard

HOW TO DO IT

- 1 Preheat the oven to 180°C.
- 2 Using half of the salt, pour a layer into the bottom of a small baking dish. Place the beetroots on top, cover with the remaining salt and bake until fork tender, about 1 hour and 15 minutes. Remove the beetroots from the salt and allow to cool to room temperature.
- 3 For the dressing, purée the goat's cheese, crème fraîche, oil, vinegar and shallot in a food processor until smooth. Season and refrigerate until ready to use.
- 4 Peel the beetroots (the skins will slip right off) and cut into small cubes.
- 5 Drizzle the microherbs with fresh lemon juice and olive oil, season with salt and toss to coat.
- 6 To assemble, smear some of the goat's cheese dressing onto each pancake, then top with a handful of beetroot cubes. Add the microherbs and a dollop of wholegrain mustard to the pancakes and serve.

Crêpes with hake, braai'd corn, cauliflower, and a zesty white sauce

Serves 4 – 5 **EASY** 30 mins

THE FLAVOUR COMBINATIONS

2 corn on the cobs
extra virgin olive oil, to coat
1 x 500g cauliflower
oil, to fry
salt and freshly ground black
pepper, to taste
500g hake fillets, skin on and deboned
butter, to fry

WHITE SAUCE

40g unsalted butter
40g cake flour
250ml (1 cup) milk
zest and juice of ½ lemon



*Salt-roasted beetroot and
goat's cheese crêpes*



Crêpes with hake, braised corn, cauliflower and a zesty white sauce

**1 x quantity buckwheat crêpes
(recipe on page 45)
lemon halves, to serve**

HOW TO DO IT

1 Rub the corn cobs with the olive oil and grill over medium heat on the braai for 5 minutes on each side. Alternatively, cook in a griddle pan over high heat. Roll the corn constantly until blackened and cooked. Remove the corn from the cobs using a sharp knife.

2 Cut the florets off the cauliflower and set aside with the corn.

3 Heat the oil in a large frying pan over medium heat. Season the hake fillets and place in the pan, skin-side down. Cook until the skin is just beginning

to crisp, 2 – 3 minutes. Add little knobs of butter to the pan around each hake fillet and cook until the skin is crisp, 2 – 3 more minutes. Turn the hake fillets over and cook until cooked through, 3 – 4 minutes. This will depend on the thickness of the fillets.

4 For the sauce, melt the 40g butter in a saucepan over medium-high heat until foaming. Add the flour and cook, stirring, until bubbling, 1 – 2 minutes. Remove from heat. Slowly add the milk, whisking constantly, until the mixture is smooth. Return to heat. Cook, stirring with a wooden spoon, until the sauce comes to a boil, thickens and coats the back of a wooden spoon, 10 – 12 minutes. Add the lemon zest and juice and stir to combine.



5 To serve, either roll up the crêpes with the hake, corn and cauliflower filling inside and top with the sauce, or leave as open crêpes topped with the filling and drizzled with the sauce. Serve with lemon halves for squeezing over.

Soufflé crêpes with shiitake mushrooms and Gruyère

Serves 3 – 4 **A LITTLE EFFORT** 1 hr

THE FLAVOUR COMBINATIONS

200g shiitake mushrooms
40g unsalted butter
olive oil, to fry
1 small onion, peeled and halved
1 bay leaf
300ml milk
40g cake flour
2 large egg yolks
100g Gruyère, grated + extra, to top
salt and freshly ground black pepper, to taste
3 large egg whites
250ml (1 cup) fresh cream
1 x quantity basic crêpes (recipe on page 45)

Gruyère shavings, to serve

HOW TO DO IT

- 1 Fry the shiitake mushrooms in a saucepan over medium heat with a small amount of the 40g butter and some olive oil until soft but with a slight crunch, 3 – 4 minutes. Set aside.
- 2 Add the onion halves, bay leaf and milk to a pot and simmer over medium heat, 5 minutes. Remove the onion and bay leaf.
- 3 Melt the remaining butter in a medium pan over medium heat and stir in half of the flour with a wooden spoon. Remove from heat, stir vigorously, then cook for 30 seconds over gentle heat, stirring. Repeat with the remaining flour.
- 4 Stir in the hot milk in three stages and cook until it thickens. Add three quarters of the cooked mushrooms and blend with a stick blender or in a food processor.
- 5 Scrape the sauce into a bowl and whisk in the egg yolks. The warmth of the sauce makes it absorb the yolks better. Whisk in two thirds of the Gruyère, which will melt into the sauce. Season well with salt and pepper to taste.
- 6 Whisk the egg whites in a metal

bowl with a balloon whisk until they form stiff peaks. Fold into the warm sauce with a rubber spatula until incorporated.

7 Preheat the oven to 170°C.

Butter 4 – 6 small ovenproof dishes. Lay a crêpe in the buttered dish so that half lines the base and the other half overhangs. Divide the soufflé between the pancakes and flip over the overhanging halves to loosely enclose.

8 Bring the cream to a boil in a pan over medium-high heat. Remove from heat, whisk in the remaining Gruyère and season. Ladle the sauce over the crêpes and top with grated cheese. Bake until the mixture has risen and the top has browned, about 15 minutes.

9 To serve, top with the remaining fried mushrooms and shaved Gruyère.

Grilled granadilla, banana, crème fraîche and coconut crêpes

Serves 3 – 4 **EASY** 30 mins

THE FLAVOUR COMBINATIONS

270g crème fraîche
100ml coconut cream
seeds of ½ vanilla pod
80g icing sugar
4 granadillas, halved
15ml (1 tbsp) fresh lime juice
60g icing sugar
50ml water
4 large bananas, halved
1 x quantity basic crêpes (recipe on page 45)

shredded coconut, toasted, to serve

HOW TO DO IT

- 1 Combine the crème fraîche, coconut cream, vanilla seeds and 80g icing sugar in a mixing bowl until just firm.
- 2 Scoop out the pulp of 3 granadillas and mix with the lime juice, 60g icing sugar and water in a pot. Reduce over low-medium heat until thick and syrupy, 5 minutes. Add more water if too thick.
- 3 Warm a griddle pan over medium-high heat, place the remaining granadilla halves on it and cook until charred, 2 – 3 minutes. Do the same with the bananas.
- 4 Place a crêpe on a plate and spread with the crème fraîche mixture. Top with the grilled granadilla pulp and bananas, scatter with the toasted coconut and drizzle with granadilla coulis.







Rooibos-poached pears with caramel and macadamia-nut crumble crêpes

Serves 3 – 4 **EASY** 55 mins

THE FLAVOUR COMBINATIONS

5 Rooibos tea bags
1L (4 cups) boiling water
55g castor sugar
4 large pears, peeled and halved

MACADAMIA NUT CRUMBLE

50g rolled oats
50g shredded/flaked unsweetened coconut
70g sugar
pinch salt
80ml (⅓ cup) coconut oil

125g macadamia nuts, toasted

1 x quantity basic crêpes (recipe on page 45)

450g Nestlé Caramel Treat

salted caramel/vanilla-bean ice cream, to serve (optional)

HOW TO DO IT

1 Place the tea bags in a large heatproof jug. Add the boiling water and set aside to infuse, about 5 minutes. Remove the tea bags and discard. Add the sugar and stir to dissolve. Pour the tea mixture into a medium saucepan over medium-high heat. Add the pears, reduce the heat to medium-low and simmer until the pears are tender, about 20 minutes. Set aside to cool in the liquid. Strain the pears

using a slotted spoon and carefully transfer to a tray. Reduce the syrup in a small pot over medium heat until thickened. Set aside.

2 For the crumble, preheat the oven to 160°C. Pulse all of the ingredients in a food processor until the mixture looks crumbly. Place the mixture on a non-stick baking tray and bake in the oven until the crumble is golden, 15 – 20 minutes. Allow to cool before pulsing again into a finer crumble.

3 To serve, lay the crêpes flat on a work surface, spread with the Caramel Treat and place the halved pears in the centre. Bring the sides up and wrap with string or thinly sliced (used) vanilla pods. Drizzle with the tea syrup and dust with the crumble. Serve with salted caramel or vanilla-bean ice cream, if desired.

COOK'S TIPS

- For the perfect light and crispy crêpe, use a real French steel crêpe pan. It ensures even cooking and has a great little lip for lifting the batter off the pan.
- Room-temperature eggs make a difference. If you forget to take the eggs out of the fridge before the time, just soak them in lukewarm water for a few minutes before using. Organic eggs or fresh farm eggs are a bonus!
- If the batter is too thick, just add a little beer. This will make the crêpe lacy with lots of air bubbles and give it a slightly deeper flavour.
- Pancakes freeze well. Place cling film between them and wrap them properly before freezing. Defrost at room temperature.
- Strain the batter. Once the batter is mixed, strain it

through a fine sieve or metal strainer, to ensure there are no lumps. This may seem like an extra-fussy step, but that's what they do in the crêperies of Paris – and it makes all the difference!

- Allow your batter to rest. It's preferable to prepare the batter the night before, or at least 8 hours before you plan to make the crêpes. The resting period allows the gluten to develop and bond to the milk and eggs, which results in a more complex flavour. (Keep the batter in the fridge, if resting, for more than 30 minutes.)
- Heating the milk (not boiling) will ensure the fat is evenly distributed in the batter and the crêpes won't stick to the pan when you flip them.
- Use your hands! When the spatula fails, grab the lip of the crêpe to flip it over. It might take some practice at first, but not even that fancy spatula can perform the same magic as little fingertips.



FOOD FOR THOUGHT

National Crêpe Day is held annually on 2 February. According to tradition, if you catch a crêpe with a frying pan after tossing it into the air with your right hand, while holding a gold coin in your left hand, you will become rich that year.

COCO LOCO

A lovely bunch of coconuts



ADD A TROPICAL TWIST TO YOUR END-OF-SUMMER MENU WITH HEALTHY, FULL-ON-FLAVOUR COCONUT. YOU'LL BE BACK ON THE BEACH WITH YOUR TOES IN THE SAND IN NO TIME!

Recipes and styling by
PIA-ALEXA DUARTE
Photographs by
NADINE GREEFF

Coconut-poached chicken with soba noodles

This simple dish is infused with delicious coconut flavour. Feel free to use sustainable fish instead of chicken if you prefer, and add any vegetables that you like
Serves 4 **EASY** 40 mins

THE FLAVOUR COMBINATIONS POACHED CHICKEN

1 x 400ml tin coconut milk
4 large skinless chicken breast fillets
zest of 1 lime
1 fat garlic clove, peeled and crushed
salt and freshly ground black pepper, to taste

DRESSING

15ml (1 tbsp) light soya sauce
2,5ml (½ tsp) sesame oil
2,5ml (½ tsp) fish sauce
5ml (1 tsp) coconut sugar

TO SERVE

1 x 100g packet soba noodles
fresh lime juice
fresh coriander
fresh red chilli, sliced

HOW TO DO IT

- 1 For the poached chicken, place the coconut milk, chicken, lime zest and garlic in a saucepan over medium heat and season well to taste. Bring to a boil, then reduce the heat and simmer until the chicken is cooked through, 30 minutes. Set aside and keep warm.
- 2 For the dressing, whisk together 125ml (½ cup) of the coconut-milk poaching liquid from the chicken with all of the dressing ingredients until well combined. Remove the chicken from the poaching liquid and slice.
- 3 Cook the noodles according to packet instructions. Add the sliced chicken and drizzle over the dressing. Serve with a squeeze of fresh lime juice and garnish with coriander and chilli.

Lacy coconut crêpes with garlicky prawns

These can easily be made into a vegetarian meal by simply omitting the prawns
Serves 4 – 6 **EASY** 30 mins

THE FLAVOUR COMBINATIONS CRÊPES

6 extra-large eggs
180ml (¾ cup) coconut milk + extra
30ml (2 tbsp), if needed
70g coconut flour
10ml (2 tsp) cornflour
salt and freshly ground black pepper, to taste
oil, to fry

PRAWNS

30ml (2 tbsp) olive/
avocado oil
1 garlic clove, peeled
and crushed



COCO LOCO



500g prawns, deveined and peeled
1 red pepper, seeded and sliced
30ml (2 tbsp) fresh parsley, chopped

FILLING

3 carrots, peeled and shaved into ribbons
2 spring onions, finely sliced

fresh coriander, to garnish
lime halves, to serve

HOW TO DO IT

- 1 For the crêpes, whisk all of the ingredients together until combined, add a little more coconut milk if the mixture is too thick. Season well with salt and pepper.
- 2 Heat a little oil in a non-stick pan over medium heat, pour in 60ml (¼ cup) batter, swirl around the pan and fry, 1 – 2 minutes on each side. Repeat with the remaining batter. Set aside.
- 3 For the prawns, heat the oil in a pan over medium heat and fry the garlic, prawns and red pepper until the prawns are cooked through, about 5 minutes. Add the parsley and season to taste.
- 4 Arrange the filling ingredients on the crêpes, top with the warm prawns and serve garnished with fresh coriander and lime halves for squeezing over.

No-churn coconut and almond ice cream with waffles and banana

Coconut and almond are a match made in heaven

Serves 4 – 6 **EASY** 30 mins + 8 hrs or overnight, to freeze

THE FLAVOUR COMBINATIONS ICE CREAM

1 x 400ml tin coconut cream
3 extra-large eggs
110g castor sugar
pinch salt
10ml (2 tsp) vanilla extract
250ml (1 cup) fresh cream
50g desiccated coconut, toasted
1 x 100g packet raw almonds, roasted and chopped

SYRUP

125ml (½ cup) coconut water
110g castor sugar
zests of 1 lemon, 1 lime and 1 orange
seeds of 1 vanilla pod



TO SERVE

1 x 6-pack ready-made waffles
2 bananas, sliced
fresh mint

HOW TO DO IT

1 For the ice cream, place the coconut cream, eggs, sugar, salt and vanilla extract in a bain-marie set over hot but not boiling water. Stir until the custard is thickened and coats the back of the spoon, 8–10 minutes. Set aside to cool.

2 Whisk the cream to soft peaks and gently fold through the cooled custard. Pour into a freezer-proof container. Ripple in the coconut and almonds and freeze, 8 hours or overnight.

3 For the syrup, combine all of the ingredients in a small saucepan over medium heat and stir until the sugar has dissolved. Bring to a boil and cook until thickened, 6–10 minutes. Store in a glass jug until needed.

4 To serve, heat the waffles according to packet instructions. Top each waffle with a scoop of the ice cream and some sliced bananas. Drizzle with the syrup and garnish with mint.

“This could be served as a naughty breakfast topped with your favourite granola and fresh berries.”

”

Coconut and Greek yoghurt fool with golden coconut brittle

This is the easiest dessert to make!

Serves 4 **EASY** 20 mins

THE FLAVOUR COMBINATIONS**BRITTLE**

220g castor sugar
70g desiccated coconut

FOOL

500g full-fat Greek yoghurt
250ml (1 cup) fresh cream, whisked to stiff peaks
100g fresh coconut, grated
100g coconut sugar
zest of 1 lemon

fresh mint, to garnish

HOW TO DO IT

1 Line a baking tray with foil and lightly grease the foil.

2 For the brittle, place the sugar in a large, non-stick pan over medium heat and allow it to melt – don't be tempted to stir, as this will cause the sugar to seize



and become granular; simply swirl it around the pan occasionally until all the sugar has melted, about 10 minutes. Allow the caramel to cook until it is a rich golden brown, about 3 minutes. Pour onto the prepared baking tray, scatter over the coconut and set aside to harden.

3 For the fool, place the yoghurt in a bowl and fold in the remaining ingredients. Set aside.

4 Once cooled, break the brittle into shards and finely chop half of it.

5 Layer the yoghurt mixture and chopped brittle in serving glasses. Top with shards of brittle and garnish with fresh mint to serve.

Damp piña colada cake

This moreish cake is the perfect dessert. For a halaal or child-friendly version, simply substitute the rum with extra pineapple juice

Serves 6 – 8 **EASY** 1 hr 30 mins

THE FLAVOUR COMBINATIONS

250g butter, softened
220g castor sugar
10ml (2 tsp) vanilla essence
4 large eggs
300g cake flour
84g desiccated coconut
15ml (1 tbsp) baking powder
5ml (1 tsp) salt
125ml (½ cup) coconut milk
1 x 400g tin pineapple pieces in juice (reserve the juice for the syrup), chopped if in rings

SYRUP

125ml (½ cup) reserved pineapple juice (see aforementioned)

125ml (½ cup) rum
60ml (¼ cup) castor sugar

TO SERVE

250ml (1 cup) fresh cream, whipped to stiff peaks
30g toasted, flaked and desiccated coconut (mixed)
300g fresh pineapple chunks

HOW TO DO IT

1 Preheat the oven to 180°C and grease and line a 22cm springform cake tin with baking paper.

2 Cream the butter and sugar together until pale and creamy. Add the vanilla essence, then the eggs one at a time, beating well after each addition. Combine the dry ingredients in a bowl, then fold the dry ingredients, coconut milk and pineapple pieces into the butter mixture and mix until well combined. Pour the batter into the prepared tin and bake until a skewer inserted into the centre comes out clean, 50 minutes – 1 hour.

3 For the syrup, combine all of the ingredients in a pot and bring to a boil until a syrupy consistency is reached, 5 minutes. Pour the warm syrup over the warm cake and allow to cool.

4 To serve, top the cake with whipped cream, toasted, flaked and desiccated coconut, and fresh pineapple chunks.





All you need to know about coconuts

How to open a coconut:

Remove the fibrous outer husk of the coconut. There will be 3 small indentations at the top end of the coconut – pierce the softest two and pour out the water. Firmly knock the emptied coconut around its circumference a few times on the edge of a step or a hard surface.

The coconut will crack evenly in half and is ready to use.

Shaved coconut is delicious toasted and added to granola or your favourite muesli.

Desiccated coconut is unsweetened coconut flesh that has had the coconut oil removed, and then undergone a sterilising process, dried and desiccated. It is graded according to its size – fine, medium or coarse grades. It is popular in baking as well as curries and sambals.

Coconut flour has become a popular ingredient in gluten-free and low-carb diets. It is essentially very finely ground desiccated coconut that may be used as a substitute for regular flour.

Fresh coconut is a great, low-carb, on-the-go snack, but it also works in baking and desserts, as well as curries and salads.

Coconut sugar, also known as coconut palm sugar, is a natural sugar that, unlike regular sugars, retains some minerals and nutrients during its manufacture. It is produced from the sap of the palm, which is then heated and dried to remove excess water.

Coconut cream is very similar to coconut milk, the difference being that it contains much less water. It has a rich and velvety consistency with a high-fat content.

Coconut milk has a thinner and more fluid consistency than coconut cream, as it is made with a higher ratio of water.

Coconut water is the clear, water-like fluid held within a fresh coconut, and is renowned for its high electrolyte content, making it the ideal fluid to aid dehydration. It is high in potassium and is naturally fat- and cholesterol free.

BLOSSOMING

La Bri

LA BRI WINE ESTATE IS ALL ABOUT PRODUCING LIMITED VOLUMES OF SUPERIOR-QUALITY WINE THAT EMBODY THE UNIQUE ELEMENTS OF THEIR VINEYARDS



Winemaker and general manager at La Bri, Irene Waller

By MALU LAMBERT
Recipes and styling by JACQUES ERASMUS
Photographs by MYBURGH DU PLESSIS and BRUCE TUCK

“For this one, we chose the *clivia miniata*,” says Irene Waller, holding up a bottle of wine. “Colloquially, it’s known as a buttercup – and don’t you think that’s just perfect for a chardonnay?”

The winemaker and general manager of La Bri Wine Estate cuts a commanding figure. She’s tall and slender – much like the stem of a flower – with salt-and-pepper hair pulled back in a ponytail. Irene is an interesting character. Self-assured and exuding strength, I’m surprised – and also not – to discover that, before she turned to winemaking, she used to teach maths and accounting.

When she was 30 years old, she steered her course out of the classroom and into the world of wine. “I only qualified in 2004,” she smiles.

The La Bri wine range is lined up on a table between us; the intricate, botanical labels have enticed me here. Based on actual sketches, the designs are simply rendered in a pencil-drawing style. Each wine represents a different flower endemic to the Western Cape – and all grow on this Franschhoek farm. The capsule of the bottle is the only pop of colour, and the hues were selected to be as close to the colour of the flowers as possible.

“Have you ever seen a watsonia flower?” Irene asks, her brown eyes bright. “It’s so elegant and classic, with a long stem and these white flowers. It ties in perfectly with our cabernet sauvignon – pure and powerful.

“Viognier is difficult in the vineyard; it can either get too ripe or be too green and, much like the bulb flower *ixia viridiflora*, how you handle and manage it determines the result.

“This is my favourite label,” Irene holds up the bottle of merlot. Depicted is the *amaryllis belladonna*, also known as the March lily. It’s said that the common name, belladonna, originates from its historic use by women as a medicinal cosmetic – drops prepared from the plant were used to dilate pupils, which was then considered an attractive feature. “This wine has structure and strength, an inner beauty like Sophia Loren.”

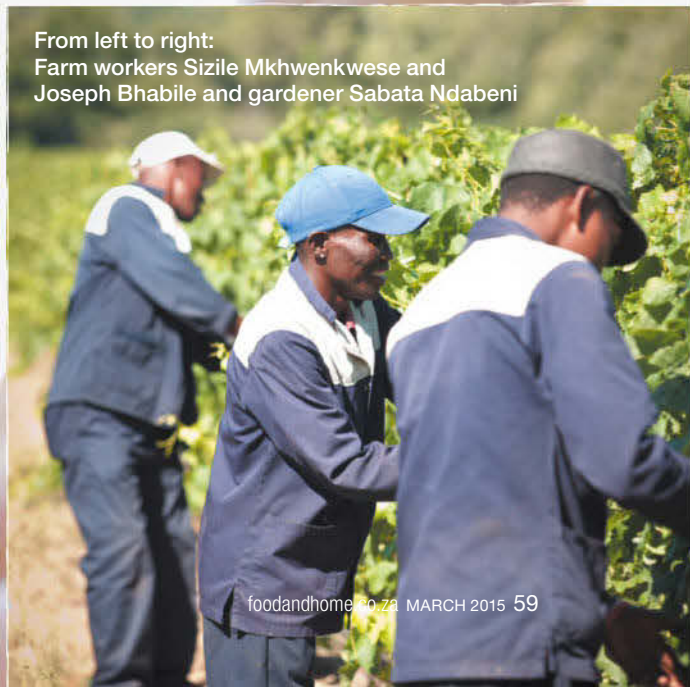
The Affinity Bordeaux blend, Irene says, represents the core of the wine range and, as such, the *geissorhiza radians* or ‘wine cup’ adorns the label. “The components have to fit perfectly together as it uses most of what we have on the farm,” she says, cupping

her hands as if to reinforce her statement.

“Chardonnay is my passion – and syrah, my baby.” The syrah is the one wine in the range without a flower; instead, the label is a collection of herbs for the “powerful perfumed aromas of fennel, thyme, rosemary, violet and oregano, much like one would experience whilst strolling through a herb garden”, say the notes on the label. I head to the balcony with a glass of syrah, and I can imagine all those scents in the manicured garden below. The view from here is sheer magic; the green, vigorous vines are practically emerald in the Boland sun, and the mountain beyond is sketched in shades of purple-blue across the horizon.

While the tasting room and cellar are relatively new, the farm itself is living history. La Bri is said to be the oldest Huguenot-allocated farm in the

From left to right:
Farm workers Sizile Mkhwenkwese and Joseph Bhabile and gardener Sabata Ndabeni



Franschhoek Valley. According to the Franschhoek Museum, this boutique hideaway was the first of the nine farms granted to the Huguenots in 1688. The estate passed through the hands of a few owners and, in 1997, Robin Hamilton bought the farm. Starting in 2006, vineyards were gradually replanted and a new cellar built.

Irene joined La Bri in 2010, along with viticulturist Gerard Olivier. Fatefully, this isn't the first time the two have worked together – both had a stint in Robertson, when Irene was a winemaker for Graham Beck.

Their 10-year friendship is apparent. Irene just recently got engaged, and the two of them are laughing at how Gerard found out: “I was busy congratulating her on her new car... I didn't even see the ring.”

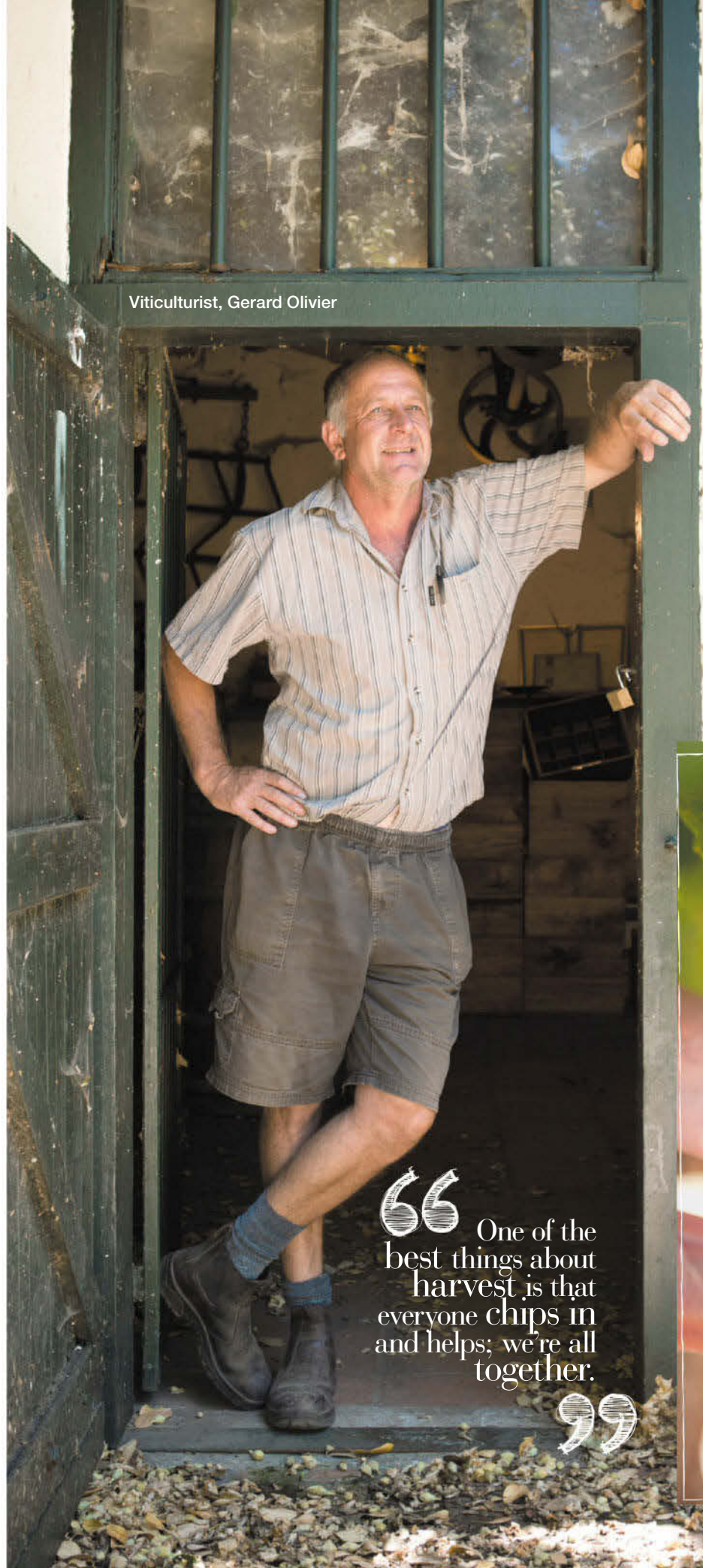
This will be their fifth harvest together at La Bri. “I always look forward to it,” says Gerard. “All the work of the previous year finally culminates into something.” Irene quips: “It's literally the fruit of your labour.”

Gerard approaches the vineyard with minimal intervention, which makes a difference to the wildlife. “Among the many creatures, we also have rooikat, lynx, an owl-breeding pair, and frogs – frogs are the first sign of a healthy eco-system.”

Irene jumps in. “I love the energy around harvest. I enjoy walking through the vineyard and tasting the grapes – for me, the final decision to harvest always depends on taste, not on sugar levels. One of the best things about harvest is that everyone chips in and helps; we're all together.” The worst thing about harvest? “Every time you plan to go to dinner, something will go wrong,” she laughs wryly.

An exciting addition to this harvest is that Irene is about to de-gorge La Bri's very first méthode cap classique: made from the oldest chardonnay block on the farm, dating back to 1991. “My focus is on the purity of the chardonnay,” explains Irene, when quizzed about this. “We're calling it ‘Savage’ – a play on the method of sabrage [the technique used to open a bottle of bubbly with a saber]. I'm making it based on everything I've learnt from Peter Ferreira [head winemaker at Graham Beck].”

Viticulturist, Gerard Olivier



“ One of the best things about harvest is that everyone chips in and helps; we're all together. ”



We're lingering over the wine tasting when assistant winemaker Glen Isaacs joins us. How did he fall in love with winemaking? "My mother worked at Simonsig and it was through her that I discovered this calling. I love making chardonnay," he says softly, while nosing a glass of it.

La Bri's wines, much like Irene, all have serious backbone, but with a radiant expression of fruit. "I like to drink wine where you can taste the fruit. We have to work so hard in the vineyards – why ruin it by throwing too much wood at it? If we do right in the vineyard, we can just let the wine make itself in the cellar."

On my way out, I walk along the perimeter of the vines. The shade of the towering oaks – having stood here since the 1800s – thankfully rescues me from the midday heat.

What's in a wine?

Go for a wine-tasting experience at La Bri and not only enjoy the wine and views but also a self-guided walk through the cellar. There is also a chocolate-and-wine pairing, as well as a biltong-and-wine pairing. Cheese platters are available too.



LABRI 1694
FRANSCHHOEK

I pop my head into the historic tasting room, which is now a small museum. It's filled with farm artefacts, scraps of colonial porcelain found in the vineyards and empty bottles of wine wreathed in cobwebs like ageing lace. In another 200 years, perhaps someone like me will see a row of bottles with delicate botanical labels here, and ponder the significance of the relationship between the Cape's indigenous flowers and the wines made from the same soil.

La Bri Estate, Excelsior Road,
Franschhoek; 021-876-2593; labri.co.za



Chardonnay

Generous bodied, elegant

Whole-roasted fish with macadamia salsa and lemon-fennel butter

Serves 6 **EASY** 45 mins

THE FLAVOUR COMBINATIONS LEMON-FENNEL BUTTER

200g butter
125ml (½ cup) lemon juice
25ml fish sauce
1 fennel bulb, ¼ finely chopped, the remaining ¾ thinly shaved
pinch cayenne pepper

MACADAMIA SALSA
150g macadamia nuts, lightly roasted
6 spring onions, shredded
zest of ½ lemon

6 black bream/other whole sustainable soft-fleshed small fish
olive oil, to taste
salt and freshly ground black pepper, to taste

HOW TO DO IT

- 1 Preheat the oven to 220°C.
- 2 For the lemon-fennel butter, place the butter, lemon juice, fish sauce, the finely chopped fennel bulb quarter and cayenne pepper in a saucepan over medium heat and bring to a simmer. Remove from heat and set aside.
- 3 For the macadamia salsa, roughly chop the macadamia and mix with the spring onions, lemon zest and shaved three quarters fennel bulb. Set aside.
- 4 Score the flesh of the fish diagonally on each side and rub generously with olive oil. Season with salt and pepper and roast in the oven until cooked, 15 – 20 minutes.
- 5 Place the fish on serving plates and dress with the salsa. Spoon over the lemon butter and serve immediately.



Merlot

Earthy tones and spiced flavours

Roasted stone fruit with shaved beetroot and crisp Parma ham

Serves 6 **EASY** 1 hr

THE FLAVOUR COMBINATIONS

12 nectarines
6 plums
50g light brown sugar
pinch allspice
12 slices Parma ham
olive oil, to drizzle
1 red beetroot, cooked, peeled and roughly chopped
150g Greek yoghurt
2,5ml (½ tsp) star anise, freshly ground
50ml water
50ml olive oil
25ml lemon juice

salt and freshly ground black pepper, to taste

2 raw yellow beetroots, peeled and thinly sliced, to serve
100g mange tout, blanched, to serve

HOW TO DO IT

- 1 Preheat the oven to 150°C.
- 2 Cut the nectarines and plums in half and remove the stones. Combine the sugar with the allspice and sprinkle over the fruit. Top with the Parma ham and dress lightly with a little olive oil. Bake in the oven until the fruit is soft, 30 minutes.
- 3 Place the remaining ingredients in a liquidiser and blend until smooth.
- 4 To serve, spoon a little dressing onto each plate and place the roasted fruit and Parma ham on top. Finish with the raw sliced beetroot and blanched mange tout.



Syrah

Fruit notes, generous spice
and meaty

Loin of lamb with slow- roasted figs and crackling

Serves 6
EASY 1 hr

THE FLAVOUR COMBINATIONS

250g lamb fat,
finely chopped
sea salt flakes,
to taste

12 figs

150ml maple syrup

1kg lamb loin, trimmed

100ml vegetable oil

20g coriander seeds, crushed

5ml (1 tsp) whole white peppercorns,
crushed

35ml sea salt flakes

30ml (2 tbsp) fresh thyme, chopped
+ extra, to serve

10ml (2 tsp) fresh rosemary, chopped

HOW TO DO IT

1 Preheat the oven to 190°C.

2 Place the lamb fat in a
saucepan over low heat and
heat slowly until the fat starts to
melt down. Continue cooking the fat
over low heat until the fat is cooked
out of the crackling, 20 – 25 minutes.

Drain the crackling on paper towel and
season with sea salt flakes.

3 Cut the figs in half and place on a roasting
tray. Dress with the maple syrup and bake in
the oven until soft, 15 – 20 minutes. Remove
from oven and set aside. Leave the oven on.

4 Season the lamb loin with the oil, coriander,
white pepper, 35ml sea salt and the herbs
and rub into the meat. Heat a heavy pan over
high heat and sear the lamb on all sides to
seal. Place on a roasting tray and finish in
the oven until cooked, 8 – 10 minutes for
medium, 10 – 12 minutes for medium-well
done. Remove from oven and allow to rest
for 15 minutes before cutting into slices.

5 To serve, place some slices of lamb on
serving plates. Top with the roasted figs,
a little lamb crackling and dress with the
remaining pan juices of the roasted figs.
Sprinkle with fresh thyme.

LABRI 1694
FRANSCHHOEK

2012
SYRAH
SOUTH AFRICA





Viognier

Elegant, rounded body with fresh almond notes

Cucumber and tempura prawn salad with almond dressing

Serves 6 **EASY** 30 mins

THE FLAVOUR COMBINATIONS TEMPURA PRAWNS

vegetable oil, to deep-fry

125g cake flour

60ml (¼ cup) cornflour

2,5ml (½ tsp) baking powder

300ml – 350ml ice-cold

soda water

24 medium prawns, cleaned and butterflied

DRESSING

2cm fresh ginger, minced

60ml (¼ cup) lemon juice

60ml (¼ cup) rice vinegar

60ml (¼ cup) honey

20ml (4 tsp) fish sauce

60ml (¼ cup) almond oil/any nut oil

50g almonds, roasted and roughly chopped

2 cucumbers, julienned with a mandoline or shaved with a potato peeler

HOW TO DO IT

1 For the tempura prawns, heat the oil in a deep-fryer or pot to 160°C.

2 Combine the cake flour, cornflour, baking powder and soda water and mix until smooth. Add a little more water if the batter is too thick – it should just coat the back of a spoon thinly.

3 For the dressing, combine all of the ingredients and mix well.

4 Dip the prawns into the batter and deep-fry until golden and cooked, 2 minutes. Drain on paper towel.

5 To assemble, place the cucumber noodles on serving plates, top with the tempura prawns and spoon over some dressing. Serve immediately.



IF YOU GO DOWN *to the woods today...*

IT'S RARE TO FIND CHEF CHRIS ERASMUS WITHOUT A SMILE ON HIS FACE THESE DAYS. WHILE HE MADE WINELANDS RESTAURANT PIERNEEF À LA MOTTE ONE OF THE FINEST IN THE COUNTRY, SINCE JULY 2014 HE'S BEEN LAPPING UP THE FREEDOM OF RUNNING FOLIAGE, HIS OWN 'FIELD-TO-FORK' RESTAURANT IN FRANSCHHOEK. CUE THE PERMANENT GRIN

By RICHARD HOLMES
Recipes and styling by CHRIS ERASMUS
Photographs by BRUCE TUCK





A menu built on ingredients foraged from the hills around Franschhoek is the big idea at Foliage – as apt a name for a restaurant as you could ask for. Depending on the season, Chris and his chefs will head out to the woods in search of forest boletes and porcini for a flavour-packed risotto, fiddlehead ferns from the streams for a re-imagined Waldorf salad, acorns from the oak groves to be leached of their tannins and ground into flour, pine needles for smoking, wood sorrel and waterblommetjies for salads, dandelions for pesto and wild mulberries for jam. The list of wild ingredients transformed into Chris's adventurous restaurant cuisine goes on...

In the heat of summer, there may be no mushrooms to be had in the forests around Franschhoek, but "foraging in the summer can actually be more interesting," says Chris. "In the summer, we're generally heading out in search of fynbos and there are hundreds of different species we can use. We're making cheese with milk thistle; we're using honeybush in cocktails and sauces, suikerbossies in beer, wild lavender, red clover... there's no shortage of fynbos out there."

The ingredients in the foraging basket, strapped to the back of Chris's scooter, dictate what's on the menu each day and, while they may sound exotic at first, Foliage is not about novelty for novelty's sake. Despite the unfamiliar ingredients, the menu is rooted in sustainable comfort cooking with bold flavours and generous plating.

“La Motte was amazing, and I had a lot of freedom there, but it was all within the guidelines of Cape Winelands Cuisine,” explains Chris. “It’s different now. Working for myself, I get inspired by everything around me... there are no more guidelines and I have much more scope to experiment.”

But, in the simplicity, lies plenty of complexity and even a seemingly simple risotto has layers of flavour and a story in every bite: pine-ring mushrooms freshly picked from the forest, bacon from charcutier Neil Jewell at Bread & Wine, beetroot powder dried and strained through labneh to add a splash of colour.

“I’m putting in more effort now than I’ve ever done before. It’s just that we don’t make it look pretentious on the plate,” adds Chris. “For instance, something like risotto shouldn’t be deconstructed, it shouldn’t be messed about with. Certain things you leave alone!”



Foliage's foraging tips

- **BE CAREFUL ABOUT CONTAMINATION**, especially if there are people living in the area. There are a lot of rivers where I wouldn't pick the wild watercress because it could be contaminated. Unless you know your neighbourhood extremely well, I wouldn't forage in the city.
- **GUMBOOTS, A BASKET AND A GOOD POCKETKNIFE ARE ESSENTIAL**. In mushroom season, also carry a few damp cloths to wipe them down as you pick, so the soil doesn't fall into the gills. We try and clean mushrooms as much as possible before putting them in the basket.
- **ALWAYS GO WITH SOMEBODY WHO KNOWS WHAT TO PICK**. Delheim in Stellenbosch does a really nice mushroom tour in winter, or go with someone who knows which plants are edible.
- **FLOWERS CAN ALSO BE POISONOUS**. You have to be sure of your research. Again, go with someone experienced, or consider buying a book on edible flowers.



The team, from left: Njabulo Sibiyi, John Mwandelile, Taniel Jemmings, Chantelle Barnard, Shaun Marais, Chris Erasmus, Lee-Ann Fouché, Estelle Käsner and Nicholaas Oosthuizen

Bartender Taniel Jemmings



30
MINS

The menu also evolves with the seasons, and that applies as much to the meat on the menu as the foraged greens. During hunting season, you'll find plenty of wild venison on offer, including warthog, wild boar and impala.

"We use wild geese and duck when we can get them and, fish-wise, the tuna season is starting now, which is just fantastic," adds Erasmus.

While a tiny handful of patrons have balked at the unusual ingredients and adventurous bistro dishes – "What do you mean, no fillet and chips?" one early patron scolded him – by and large, the accomplished cooking, bold flavours and unusual ingredients have proven a hit with both locals and tourists.

Despite opening in the depths of the Cape winter, "We opened with a bang and, from day one, we were doing the covers we wanted to have during the season," adds Chris. With his innovative menu and hyper-local ingredients, it's not hard to see why. No wonder this chef is always smiling.



2 months. Apart from steaks, the spice is also great with roasted vegetables, potato wedges or on braai broodjies.



Crushed potatoes and dandelion pesto salad

Serves 4 – 6 **EASY** 45 mins

THE FLAVOUR COMBINATIONS PESTO

350g wild dandelions, washed
80g pumpkin seeds, toasted
125ml (½ cup) water
15ml (1 tbsp) olive oil
salt, to taste
1 lemon, sliced in half, to taste

1kg organic baby potatoes
30ml (2 tbsp) coarse salt
100g butter, melted

waterblommetjie sprouts, to garnish
toasted Parmesan crumbs, to garnish

HOW TO DO IT

1 For the pesto, place the dandelions,

pumpkin seeds, water and olive oil in a blender and pulse until smooth. Season with salt and lemon juice to taste and refrigerate until needed.

2 Place the potatoes (skins on) and coarse salt in a saucepan over medium heat. Cover with cold water and simmer until just tender, about 25 minutes. The coarse salt prevents the skins from bursting open. Strain off the water and leave to cool slightly before peeling off the skins with a paring knife.

3 Place the warm potatoes in a bowl, add the butter and pesto and crush the potatoes with a fork. Season to taste with salt and lemon juice and keep warm until needed.

4 Garnish with waterblommetjie sprouts and toasted Parmesan crumbs.

Wild mulberry jam

Makes 2L **EASY** 1 hr

THE FLAVOUR COMBINATIONS

1kg wild mulberries (use mixed berries if you cannot find wild mulberries)

Nasturtium BBQ spice

Makes 1L **EASY** 10 mins



THE FLAVOUR COMBINATIONS

handful nasturtium leaves, finely chopped
150g white sugar
200g smoked paprika
60g onion powder
60ml (¼ cup) garlic powder
300g smoked salt
60ml (¼ cup) dried chilli/chilli flakes
60ml (¼ cup) black peppercorns, crushed
30ml (2 tbsp) dried basil
10ml (2 tsp) fresh rosemary, chopped
10ml (2 tsp) cayenne pepper

HOW TO DO IT

1 Place all of the ingredients in a blender or pestle and mortar and blitz/grind until fine.
2 Store in a sterilised screw-lid glass jar on a shelf. It will lose flavour after about

“

COOK'S TIP

Rub onto your steaks 10 minutes before braaing!

”





1kg castor sugar
125ml (½ cup) water

HOW TO DO IT

1 Place all of the ingredients in a large saucepan over medium-high heat and bring to a boil. Strain the liquid into a new pot through a sieve and reserve the berries.

2 Cook the liquid over medium heat until thick, then add the berries. Cook until the desired consistency is reached. For a runnier jam, cook until just syrupy. If stored in sterilised screw-lid glass jars, the jam will keep for up to 3 years.

Charred prickly pear salad

Serves 4 **EASY** 30 mins



THE FLAVOUR COMBINATIONS

10 prickly pears, skins on
10ml (2 tsp) sunflower oil

80g sun-dried tomatoes
80g preserved artichokes
60ml (¼ cup) roasted cashew nuts
60ml (¼ cup) young leaves/sprouts
10 raw radishes, sliced in half
60ml (¼ cup) raspberry vinegar
5ml (1 tsp) lime preserve, chopped
15ml (1 tbsp) olive oil
salt and freshly ground black pepper, to taste

HOW TO DO IT

1 Toss the prickly pears in the sunflower oil in a bowl.

2 Place them, carefully, on a braai grid using tongs to avoid the thorns. Place on a hot braai and cook the pears until charred. Don't worry if they look burnt – they are supposed to turn black.

3 Rinse the pears in iced water to remove all the crusty bits.

4 Toss with the remaining ingredients and serve.



Verbena preserved lemons

Makes 3L **EASY** 15 mins + 2 – 3 weeks, to cure

THE FLAVOUR COMBINATIONS

2kg organic lemons

400g rock salt

60ml (¼ cup) lemon verbena (wild or buy a plant from your local nursery), chopped

HOW TO DO IT

- 1 Use 1kg of the lemons and juice them. Reserve the juice.
- 2 Stand the remaining lemons up straight on the stem end and cut into 4 wedges, ensuring you don't slice all the way through – stop 5mm from the bottom so the lemons look like flowers.
- 3 Mix the salt and verbena together and cover the lemons inside and out with the salt. Pack into a large sterilised glass jar and add the remaining salt. Add the lemon juice, making sure the lemons are covered. Leave to cure in the fridge, 2 – 3 weeks.
- 4 Start to use the lemons when soft. If kept in sterilised screw-lid glass jars, the lemons will keep for up to 2 years.

COOK'S TIP

These are great in salads, thinly sliced, and the soft pulp is a good addition to home-made lemon mayonnaise.



Honeybush iced tea

Serves 2 **EASY** 10 mins

THE FLAVOUR COMBINATIONS

2 sprigs wild honeybush/

3 honeybush tea bags

500ml (2 cups) water

zest and juice of 1 lemon

ice cubes, to serve
honeybush flowers, to garnish

HOW TO DO IT

- 1 Place the honeybush and water in a saucepan and bring to a boil. Remove from heat and leave to steep, 10 minutes. Strain and refrigerate until cold.
- 2 Stir in the lemon zest and juice and serve over ice. Garnish with honeybush flowers.



HOW TO STERILISE JARS

Wash the jars and lids with warm, soapy water. Rinse thoroughly with warm water. Place in a large pot, fill with water and boil over medium-high heat, 10 minutes. Carefully use tongs to remove the jars and lids and place on clean paper towel to dry. They usually dry very quickly.

Fill with food while the jars are still warm.



Absolute decadence

AT CHOCOLA.J
IN JOHANNESBURG,
A TEAM OF ARTISANS
DEDICATE TIME AND
CREATIVITY TO ONE OF
LIFE'S LITTLE LUXURIES

By KATE LIQUORISH
Recipes by STEFAN PREDORF
and KATELYNNE WOOLDRIDGE
Styling by TARYNE JAKOBI
Photographs by GRAEME WYLLIE





Stefan Predorf



The journey of Chocola.j (pronounced 'chocola-jay') began four years ago when – with much devotion and determination – a simple market stall became a picturesque store in Northcliff, selling incredible artisanal chocolates, cakes and pastries, with an emphasis on quality. It all sounds quite perfect, but Stefan Predorf saw it as the ideal opportunity for so much more. He and his wife, Edith, arrived on our shores from Austria two years ago and, while Edith took a position with an international organisation, Stefan was a free agent with his heart set on buying a small business and making it big.

Stefan bought Chocola.j and set about creating a whole new world of chocolate offerings in South Africa. "I have no background in food," he explains. "I was in consulting and banking, but I just adore cooking

and excellent ingredients. I walked into this store and instantly had an abundance of ideas about things we could do and create, as there's a huge gap in the market in terms of quality handmade chocolate."

But he couldn't have done it alone. Stefan's right-hand woman is Katelynne Wooldridge, a seriously talented pastry chef who worked at Lindt for two years before joining Chocola.j. "I moved to Chocola.j because I wanted to focus on cakes and wedding cakes, as well as chocolate," says Katelynne. She was only there for two months when she heard that the business had been sold and Stefan would be her new boss, they laugh. Stefan says, "The first thing I did was to promote Kate to shop manager." Kate adds, "... and head pastry chef and head chocolatier," and Stefan finishes with a smile "... and also director of the company."

They have a great rapport – this journey has brought them closer as colleagues, as well as friends. This is a hands-on business requiring a lot of teamwork and serious heart. There are

only five other permanent members of staff, each specialising in a particular style of baking, but they all assist each other in the process. The store is filled with laughter, creativity and the smell of chocolate in the air – a definite sign that they've got the formula right. We head behind the scenes and Kate introduces me to some of the team. There's so much to behold: crème brûlée and strawberry pavlova cupcakes in the making, baskets burgeoning with macaroons ready to be delivered, and bowls of melted chocolate about to be transformed into gorgeous, double-chocolate mousse cakes. "Everything we do here is about offering you something different," she smiles.

"The quality must never change – it must always be the best possible, because that's why people come back," Kate affirms, while cutting a slice of chocolate 'salami' (which I think should simply be called 'sheer decadence'). It's reminiscent of a chocolate truffle, but with delicate pieces of shortbread scattered throughout to give a textured crunch to finish each melting bite.





CHOCOLATE FEAST



Stefan smiles as he sees me savouring the last morsel. “We use Belcolade chocolate drops; it’s a Belgian company offering top-quality chocolate, which is the difference you can taste.”

Stefan and Kate show me the Zanol chocolate bars, which are absolutely gorgeous: white, dark and milk chocolate bars pristinely packaged in delicate, transparent wrapping that allows you to see the striking array of flavourings dotting their surfaces. They are Stefan’s brainchild and he’s absolutely in love with them. “In Europe, the variety of quality chocolates in supermarkets is extensive but, here, there’s not much other than Lindt. I saw a gap in the market,” he beams. “This is what’s missing.”

The flavour combinations are delightful and include dark chocolate speckled with coconut and lime, milk chocolate with figs and cranberries, and white chocolate with poppy seeds. Stefan explains their recipe for success: “You have a multitude of delis offering amazing, locally produced oils, wines, vinegars and meats, so I knew there must be room for high-quality, handcrafted chocolate bars.”

The story behind the flavour selections is lovely. Stefan and Kate wanted to come up with 20 different and traditional options so they each made a list of suggestions and pitched them to each other. “I found some of Kate’s suggestions a little bizarre – and some still are!” says Stefan. “But they do work.” Kate explains that, having worked with chocolate so intensively, she can “taste the flavours in my head”.

Some are obvious, like dark chocolate and orange, and some are more curious, like the milk, pear and glacé ginger. While she knew pear and chocolate worked well together, “by adding a third dimension it has the potential to transform it into something truly special,” she elaborates.

“This idea resulted from a chocolate fondue I once had; there were the usual fruits, and pear was one of them, but then my friend’s father insisted on trying it with ginger, and it just worked, so the choice was obvious for me.”

And it hasn’t stopped there. They’ve had so many requests from clients for different flavour combinations that they’ve started a website – mychocolate.co.za – where you can create your own Zanol chocolate bars. There are 75 toppings at your disposal and customised packaging for that personal touch. When I ask whether they’ve had any outrageous orders, they both roar with laughter and Stefan brings an order labelled ‘Oupa’s chocolate’. It’s a milk chocolate bar with biltong, chilli and cinnamon. Kate winces and says Stefan’s been trying to get her to taste the biltong-chocolate combination, but she downright refuses.

We cross to a space that is solely dedicated to tempering the chocolate and making the Zanol bars. It contains two ‘magical’ machines churning silken, melted chocolate that is ready to be transformed. “It’s all about getting the exact temperatures right for tempering the different styles of chocolate,” she says. “Making chocolate is very complex; there are so many things that can go wrong, from blooming (the cocoa butter separates from the other fats, leaving the chocolate discoloured) to sugar bloom (a change in temperature once the chocolate has set gives it a crumbly texture), the list goes on and on.

10
MINS



Chocolate milk

Makes 3,5L **EASY** 10 mins

THE FLAVOUR COMBINATIONS

3,5L full-cream milk

100g castor sugar

1 vanilla pod, split

30g cocoa powder

**Belgian dark chocolate, melted,
to serve**

HOW TO DO IT

1 Place the milk, sugar and vanilla pod in a pot over medium-high heat and bring to a boil. Remove the vanilla pod, mix in the cocoa powder and stir until combined. Remove from heat.

2 Pour some melted dark chocolate into a bottle, making sure it lines the sides. Pour in the chocolate milk and allow to cool before sealing. Refrigerate until ready to serve.

Chocolate granola

Makes 1kg **EASY** 30 mins

THE FLAVOUR COMBINATIONS

400g oats

115g brown sugar

60g hazelnuts, roughly chopped

60g almonds, roughly chopped

55g desiccated coconut

30g sesame seeds

150ml vegetable oil

150ml water

2,5ml (½ tsp) vanilla extract

Kate opens a massive bag of the Belgian chocolate chips. The most valuable part of chocolate is the cocoa butter. So many companies replace it with palm fats to cheapen the process, but Kate says it's just not an option for them. "People think we're mad because we use the Belcolade chocolate in all our baking, even in the brownies, but the quality of ingredients is of the utmost importance."

Stefan and Kate take out some moulds and begin swirling in the chocolate, scraping, tapping out the air bubbles, scattering over flavours and placing them in the fridges to set. It's beautiful to watch; like sculptors with wheels of clay. The ingredients

are so fresh and vibrant, they burst with flavour. "They do have a long shelf life, but we don't want our products sitting on shelves for longer than a month as you can taste the freshness in the ingredients."

It's time for me to go, but they're in the midst of a cacophony of creation and I don't want to interrupt. I stay for a few minutes, just relishing my own childlike wonder at this charming place and watching the two of them, not so much 'working' as creating works of the heart.

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Johannesburg. chocolaj.co.za;
mychocolate.co.za; 011-782-9050**



CHOCOLATE FEAST

5ml (1 tsp) Maldon sea salt
60ml (¼ cup) cocoa powder
225g Belgian dark chocolate,
roughly chopped

HOW TO DO IT

- 1 Preheat the oven to 175°C. Line a baking tray with baking paper.
- 2 Combine all of the ingredients except the chocolate. Place on the baking tray and bake in the oven, 20 minutes. Remove and allow to cool on the tray.
- 3 Mix in the chocolate and store in an airtight container. This will keep for up to 1 month.

Chocolate salami

Makes 2 logs **EASY** 1 hr 30 mins



THE FLAVOUR COMBINATIONS

SHORTBREAD

240g salted butter
100g castor sugar
80g cornflour
125ml (½ cup) vegetable oil
210g cake flour

SALAMI

400g cocoa powder
400g castor sugar
120g salted butter, softened
4 extra-large eggs

20g Belgian white chocolate, melted,
to garnish

HOW TO DO IT

- 1 For the shortbread, preheat the oven to 140°C. Line a baking tray with baking paper.
- 2 Cream the butter and sugar together in a bowl. Add the cornflour and oil, and mix until combined. Add the flour and mix until you have a smooth dough. Cover with cling film and refrigerate to cool, 30 minutes.
- 3 Press the dough into the lined baking tray and bake in the oven, 30 minutes.
- 4 For the salami, combine the cocoa powder and sugar. Crumble in the shortbread once cooled and rub in the soft butter. Add the eggs and mix by hand. Shape into 2 logs, wrap in cling film and place in the fridge until ready to serve.
- 5 To serve, drizzle with the melted white chocolate.

“Our chocolate salami has a rich, dark chocolate flavour with a fudgy consistency.”





Chocolate hazelnut galettes

Makes 4 **EASY** 20 mins

THE FLAVOUR COMBINATIONS

175g 55% dark chocolate
45ml (3 tbsp) fresh cream
115g Belgian white chocolate
175g fromage frais
15ml (1 tbsp) sherry
60ml (¼ cup) hazelnuts, finely chopped
30ml (2 tbsp) hazelnut flakes

HOW TO DO IT

- 1 Draw twelve 7,5cm circles on non-sticky baking paper, turn over and place on baking trays.
- 2 Melt the dark chocolate in a double boiler (do not allow the water to touch

the bottom of the bowl) and stir in the cream. Spread the chocolate onto the baking paper circles and allow to cool.

- 3 Melt the white chocolate and add the fromage frais and sherry. Fold in the chopped hazelnuts and set aside to cool.

- 4 To construct the galettes, alternate the dark-chocolate rounds with several small balls of white-chocolate mixture until there are 3 layers of chocolate discs and 2 layers of white balls. Decorate with the flaked hazelnuts.

Gluten-free chocolate torte

Makes 1 torte **EASY** 1 hr 30 mins

THE FLAVOUR COMBINATIONS CAKE

6 extra-large eggs, separated

150g castor sugar
250g 55% dark chocolate
120g salted butter
30g almonds, ground

GANACHE

coffee bean, to infuse
150ml fresh cream
150g Belgian dark chocolate, roughly chopped

GARNISH

375g strawberries, sliced
20g Belgian white chocolate, melted

HOW TO DO IT

- 1 For the cake, preheat the oven to 140°C. Line a 25cm cake tin with baking paper.
- 2 Beat the egg yolks and sugar until pale and fluffy.
- 3 Melt the chocolate and butter in a pot over low heat until smooth and shiny.
- 4 Add the melted chocolate mixture to the beaten egg yolks.
- 5 Beat the egg whites to stiff peaks and gently fold into the chocolate mixture. Fold in the ground almonds then pour into the prepared tin and bake in the preheated oven, 40 minutes.
- 6 For the ganache, place the coffee bean in the cream and warm over a double boiler (do not allow the water to touch the bottom of the bowl). Strain the coffee bean, add the cream to the dark chocolate, and stir until smooth and shiny.
- 7 To serve, top the cooled cake with the ganache and decorate with the strawberries and melted white chocolate.

Double-chocolate mousse cake

Serves 6 – 8 **A LITTLE EFFORT** 2 hrs + 2 hrs, to set

THE FLAVOUR COMBINATIONS CAKE

234g cake flour
80g cocoa powder + extra, to dust
5ml (1 tsp) bicarbonate of soda
2,5ml (½ tsp) baking powder
80g salted butter
400g castor sugar
6 extra-large eggs



Gluten-free chocolate torte



5ml (1 tsp) vanilla extract
170ml ($\frac{2}{3}$ cup) buttermilk
170ml ($\frac{2}{3}$ cup) water

DARK-CHOCOLATE MOUSSE

75ml water
50g sugar
75g liquid glucose/golden syrup
150g Belgian dark chocolate
250ml (1 cup) fresh cream

MILK-CHOCOLATE MOUSSE

75ml water
50g sugar
75g liquid glucose/golden syrup
150g Belgian milk chocolate
250ml (1 cup) fresh cream



Double-chocolate mousse cake



6 For the dark-chocolate mousse, place the water, sugar and glucose or golden syrup in a pan and bring to a boil over medium-high heat. Remove from heat, add the chocolate and stir until smooth. Beat the cream and fold into the chocolate. Place the mousse mixture in a large bowl.

7 For the milk-chocolate mousse, repeat step 6, using the milk chocolate.

8 To construct the mousse, line twelve 6cm ring moulds with cling film. Cut the chocolate cake with a 6cm round cutter and place in the bottom of each mould. Top with a layer of dark chocolate mousse. Add a layer of milk chocolate mousse, then refrigerate, 30 minutes.

9 While this is in the fridge, make the ganache. Warm the cream and coffee bean over a double boiler (do not allow the water to touch the bottom of the bowl). Remove the coffee bean and add the dark chocolate. Stir until smooth and shiny.

10 Remove the mousse cakes from the fridge, top with the ganache and refrigerate for a further 2 hours to set. Remove from fridge and serve immediately, dusted with cocoa powder.



GANACHE

150ml fresh cream
coffee bean, to infuse
150g Belgian dark chocolate

HOW TO DO IT

1 Preheat the oven to 170°C and line a 25cm cake tin with baking paper.

2 Sift the flour, cocoa powder, bicarbonate of soda and baking powder together in a bowl.

3 Beat the butter and castor sugar together in a separate bowl. Add the eggs one at a time. Add the vanilla extract, buttermilk and water.

4 Combine the wet and dry ingredients, and mix until smooth.

5 Pour the batter into the prepared cake tin and bake in the preheated oven, 30 minutes.



Weekend revelry

Recipes, styling and photographs by KATIE QUINN DAVIES



If her gorgeous looks aren't enough to entice you into becoming one of the many fans Katie Quinn Davies has around the world, then her delectable recipes and beautiful food photography will have you drooling in seconds. Originally a native of Dublin, and now based in Sydney, Katie works as a freelance commercial photographer specialising in food and lifestyle subjects. After the creation of her blog, whatkatieate.com, and her first cookbook, *What Katie Ate*, comes her second, *What Katie Ate: At the Weekend*. Filled with fabulous photographs and scrumptious recipes inspired by Katie's travels and passion for entertaining, these dishes are best enjoyed with friends and family.



Couscous, with spiced chickpeas and pomegranate

This salad pairs brilliantly with any grilled meat, especially lamb. The pomegranate seeds offer little bursts of fruity flavour, and look very pretty and jewel-like.

SERVES 4 as a side

1 cup (200 g) couscous
sea salt and freshly ground black pepper
1¼ cups (100 g) flaked almonds
1 tablespoon olive oil
1 x 400 g tin chickpeas, drained and rinsed

1 teaspoon ground cumin
finely grated zest and juice of 1 lemon
seeds from 2 pomegranates
1 large handful mint, torn
extra virgin olive oil, for drizzling

Cook the couscous according to the packet instructions. Fluff with a fork to break up any lumps, then season to taste and set aside in a large bowl.

Toast the flaked almonds in a frying pan over medium heat for 5 minutes or until golden brown, then set aside to cool.

In the same frying pan, heat the oil over medium heat and add the chickpeas, cumin and salt and pepper. Cook for 8 – 10 minutes, tossing often, until crisp and golden. Add the lemon juice and cook for another minute or two, then transfer the contents of the pan to the bowl with the couscous, along with the cooled toasted almonds.

Add the pomegranate seeds, mint, lemon zest and a good drizzle of extra virgin olive oil and gently toss to combine. Season with a little extra salt and pepper before serving.



Beef Wellington

There's enough batter here to make around seven crepes, which is more than you'll need but allows for some mistakes!

SERVES 4 – 6

⅓ cup (50 g) plain flour
1 free-range egg
1 cup (250 ml) milk
2 teaspoons finely chopped flat-leaf parsley
1 teaspoon finely chopped thyme, plus extra sprigs to garnish
sea salt and freshly ground black pepper
olive oil, for cooking
1 × 850 g free-range beef eye fillet, silver skin removed (ask your butcher to do this for you)
1 tablespoon Dijon mustard
1 tablespoon horseradish cream
1 sprig rosemary, leaves stripped and very finely chopped
40 g butter
300 g chestnut mushrooms, finely chopped
6 large slices prosciutto
1 large sheet good-quality puff pastry
1 free-range egg yolk mixed with a little milk

Sift the flour into a mixing bowl and make a well in the centre. Crack in the egg and whisk into the flour, then gradually pour in the milk, whisking until the batter is smooth. Stir in the herbs and season.

Heat a non-stick 20 cm crepe or frying pan over medium heat, then add enough oil to just coat the base of the pan. Add 2½ tablespoons batter and swirl the pan so the batter coats the base evenly. Cook for 1 – 2 minutes until golden, then flip with a spatula and cook on the other side for 30 seconds – 1 minute until golden. Transfer to a plate and repeat with the remaining

batter until you have four uniformly round crepes.

Heat 2 tablespoons oil in a frying pan and sear the beef fillet on all sides until browned, then set aside. Mix 1 tablespoon each of salt and pepper together on a plate. Combine the mustard, horseradish cream and rosemary in a small bowl. Use a knife to spread this paste all over the seared beef, then roll the fillet in the salt and pepper mixture.

Wipe the pan clean, then place it over medium heat and melt the butter. Add the mushrooms and a pinch of salt and cook for 12 – 15 minutes or until most of the moisture has evaporated. Remove the mushrooms from the pan and set them aside to cool completely.

Lay the prosciutto slices lengthways on a large piece of baking paper, overlapping them slightly. Spread the mushrooms evenly over the prosciutto, leaving a 3 cm border. Place the

beef fillet on top crossways, and bring the overhanging prosciutto up and over to cover the meat and mushrooms securely.

On another large piece of baking paper, lay the four crepes in a square pattern, overlapping by 1 – 2 cm, then place the prosciutto-wrapped fillet on top and use the baking paper to bring the crepes up and over to cover the fillet completely. Peel off the baking paper.

Finally, lay the puff pastry sheet on another piece of baking paper and roll out to 30 cm square. Place the crepe parcel in the centre. Moisten the edges of the pastry with water to create a good seal. Fold one side of the pastry over the beef, tuck the ends in, then roll the parcel over so it is fully enclosed in the pastry. Press the edges together well, then place on a plate, seam-side down, and chill in the fridge for 15 minutes.

Preheat the oven to 180°C fan-forced and place a baking tray inside to heat.

Brush the pastry with eggwash, then lift the baking paper and the pastry parcel onto the heated tray and bake for about 40 minutes or until the pastry is golden and the meat is cooked to your liking (if using a meat thermometer, the temperature will register 55°C for medium-rare).

Set aside to rest for 5 minutes before cutting into 2 – 3 cm slices and serving.



“A classic dish that pairs perfectly with my creamy indulgent mash and loads of good hearty shiraz.”





Spaghetti with almond, mint and basil pesto

This pesto is slightly sweeter than the traditional version due to the inclusion of mint. Any leftover pesto can be stored for up to 2 days in the fridge.

SERVES 4

1 large bunch basil, leaves picked
1 bunch mint, leaves picked
2 cloves garlic, peeled
1 cup (250 ml) extra virgin olive oil
70 g blanched almonds
100 g parmesan, finely grated,

plus extra to serve
400 g spaghetti
extra virgin olive oil, for drizzling

Place the basil and most of the mint in a food processor (set aside a few small mint leaves to use as a garnish). Add the garlic, olive oil, almonds, parmesan and 1 tablespoon water and whiz to a smooth, thick paste.

Cook the spaghetti according to the packet instructions, then drain, reserving the cooking water, and transfer to a large bowl.

Stir the pesto and a few tablespoons of the reserved cooking water through the pasta to coat. Serve immediately topped with extra parmesan, a drizzle of olive oil and a few small mint leaves.

Roast vegetables with goat's curd and hazelnuts

A colourful, textural salad that is sure to impress. Use goat's cheese in place of goat's curd if you like.

SERVES 4 as a side

- 1 bunch each baby purple and golden beetroot (approximately 6 beets per bunch), stalks trimmed leaving about 2 cm attached**
- olive or rice bran oil, for cooking**
- sea salt and freshly ground black pepper**
- 1 bunch baby carrots, stalks trimmed leaving about 2 cm attached, scrubbed and halved lengthways (keep smaller ones whole)**
- 1 tablespoon dry white wine**
- 2 teaspoons unsalted butter**
- 2 sprigs thyme, leaves stripped, plus extra sprigs to garnish**
- 1 cup (140 g) hazelnuts**
- 200 g green beans, trimmed and cut into thin slices lengthways**
- 200 g goat's curd, crumbled**
- 1 tablespoon extra virgin olive oil**
- 1 tablespoon balsamic vinegar**

Preheat the oven to 190°C fan-forced.

Scrub the beets clean, then pat dry with paper towel and place on a large sheet of foil. Drizzle with oil and sprinkle with a little salt. Wrap up the foil to cover the beets and roast on a baking tray for 45 minutes or until tender when pierced with a small sharp knife (the cooking time will depend on the size and freshness of the beets; start checking them after about 25 minutes). Set aside to cool.

Meanwhile, lay a sheet of foil on a baking tray and place the carrots on top. Drizzle with oil and add the white wine, butter, thyme leaves, salt and pepper. Cover with a second sheet of foil and pinch the edges to seal. Roast for 20 – 25 minutes or until tender, then set aside to cool.

Scatter the hazelnuts on a baking tray and roast for 6 – 8 minutes or until golden brown. Wrap the hot nuts in a clean tea towel and rub to remove



the skins. Leave to cool, then crush lightly using a mortar and pestle and set aside.

Cook the beans in a saucepan of boiling salted water for 1 – 2 minutes or until al dente, then drain and set aside.

Peel the skins from the beetroot, then halve and combine in a large dish with the carrots, beans and goat's curd. Scatter the hazelnuts and a few extra thyme sprigs on top.

Whisk together the oil and vinegar and drizzle over the salad, then season and serve.

Spiced apple and salted butterscotch pavlova

This one's a bit of a show-stopper! Pavlovas are actually pretty easy to make once you get a bit of practise in. Use an appropriate-sized bowl as a template when drawing the circles on the baking paper.

SERVES 8

- icing sugar, for dusting**
- ½ lemon**
- 6 free-range egg whites**
- 300 g caster sugar**
- fine salt**
- 1 teaspoon white vinegar**
- 1 teaspoon cornflour**
- 1 teaspoon cream of tartar**
- 1 teaspoon ground cinnamon**
- 250 g mascarpone**
- 300 ml thickened cream**
- 1 cup (80 g) flaked almonds, toasted**

SPICED APPLE

5 large (800 g) green apples, peeled and cored, cut into 2 cm cubes
1 cup (250 ml) prosecco or other sparkling white wine
⅓ cup (75 g) firmly packed brown sugar
1 star anise
1 teaspoon ground cinnamon
5 cloves
1 vanilla pod, split and seeds scraped

SALTED BUTTERSCOTCH

⅔ cup (150 g) firmly packed brown sugar
1 cup (250 ml) thickened cream
75 g unsalted butter, cubed
¼ teaspoon sea salt, crushed

Preheat the oven to 150°C fan-forced and line three baking trays with baking paper.

Draw an 18 – 20 cm circle on each sheet of paper with a pencil and dust the inside of each circle with icing sugar to stop the meringue from sticking.

Wipe the inside of the bowl of a stand mixer with the cut-side of the lemon to remove any traces of oil. Add the egg whites and whisk on medium speed for 2 – 3 minutes or until voluminous and frothy. Increase the speed to high and add the sugar, a tablespoon at a time, beating between additions until the mixture is thick and glossy and holds firm peaks.

Add the salt, vinegar, cornflour, cream of tartar and cinnamon and fold in gently to combine.

Dot a small amount of meringue mixture on the undersides of each corner of the baking paper on the trays to hold it in place. Divide the meringue mixture among the trays, mounding it onto the paper within the circles. Flatten the tops and smooth the sides, then transfer to the oven. Immediately reduce the oven temperature to 120°C fan-forced and bake for 1¼ hours. Leave the meringues in the switched-off oven to cool completely with the door slightly ajar.

Meanwhile, for the spiced apple, place all the ingredients in a saucepan along with ½ cup (125 ml) water. Stir to combine, then bring to a boil over high heat. Reduce the heat to low-medium and simmer for 6 – 7 minutes or until the apple is starting to soften but is still holding its shape.

Remove the apple with a slotted spoon and set aside. Discard the star anise, cloves and vanilla pod, then simmer the remaining liquid over low-medium heat for about 15 minutes or until reduced to a syrupy glaze.

Stir the glaze through the reserved apple and set aside to cool completely.

Whip the mascarpone and cream together until thick and smooth.

For the salted butterscotch, place all the ingredients in a saucepan and bring to a boil, stirring often. Reduce the heat to low-medium and simmer for 15 – 20 minutes until thickened and smooth, then set aside to cool slightly.

To assemble, spread one-third of the cream mixture over the first meringue, top with one-third of the spiced apple, drizzle with one-third of the salted butterscotch and scatter with one-third of the almonds. Gently sandwich a second meringue on top and repeat the layering twice more. Serve immediately.



Win!

THREE LUCKY F&HE READERS CAN EACH WIN A COPY OF **WHAT KATIE ATE: AT THE WEEKEND** (R495), PUBLISHED BY PENGUIN RANDOM HOUSE. TO ENTER, EMAIL YOUR NAME, POSTAL ADDRESS, CONTACT NUMBER AND ID NUMBER TO FOODHOME@CAXTON.CO.ZA WITH 'WHAT KATIE ATE' IN THE SUBJECT LINE BY 15 MARCH 2015.





CUT THE ENERGY

SMART COOKING IS ONE OF
THE EASIEST WAYS TO SAVE
ON YOUR ELECTRICITY BILL

not the flavour

It's no surprise that stoves and ovens have a great appetite for energy, with cooking accounting for eight percent of the power used in the average South African household. So, why not trim your energy bill this year with electricity-smart cooking?

Making electricity-smart dishes not only reduces the amount of money you spend on electricity, it also cuts down on the time and effort you spend in the kitchen.

The *49M Energy Efficient Cookbook*, in collaboration with *The Star* newspaper, offers recipes for an electricity-smart lifestyle that's light on electricity as well as time.

THE RECIPES INCLUDE:

- **Pressure-cooker cheesecake** – an everyday favourite made in 15 minutes.
- **Savoury pap** – a classic that only needs 10 minutes on the stove, then an additional hour of cooking in a Wonderbag.
- **Pesto potato salad** – a crowd-pleaser that only takes 10 minutes on the stove, then 4 more hours in a Wonderbag.
- **One-pot prawn and noodle stir-fry** – a fun summer dish that needs no more than 5 minutes of electricity to prepare.
- **One-pot sausages with mushrooms and gravy** – cook it on your patio on an induction plate; ready in 40 minutes. Prepared this way just once a month, this dish alone will save enough energy to power an 80-watt TV for 30 hours!

Reduce your electricity bill and share your own electricity-smart dishes with family and friends on your favourite social-media platform.

Visit electricity-smart.co.za to:

- See how celebrity cook Justin Bonello runs an energy-smart kitchen and how you could win a gas braai worth R25 000.
- Download the *49M Energy Efficient Cookbook*.



ENERGY DIET
ELECTRICITY SMART LIFESTYLE



12APOSTLES COMPETITION

One lucky reader and a partner can win a two-night stay at The Twelve Apostles Hotel and Spa worth R25 000!



Known as Cape Town's most romantic five-star boutique hotel, The Twelve Apostles Hotel and Spa is an award-winning destination that includes gourmet dining, mountain walks and picnic sites, as well as world-class spa facilities.

Fine cuisine is on offer at Azure Restaurant, where executive chef Christo Pretorius, sommelier Gregory Mutambe and their team have earned the coveted American Express Platinum Fine Dining Award for the past two years.

With perfect Atlantic Ocean views and just 15 minutes from the heart of Cape Town, guests can immerse themselves in a true Cape experience.

A proud member of The Leading Hotels of the World, The Twelve Apostles Hotel and Spa offers great value-for-money winter specials, including indulgent spa breaks and the ever-popular 'Overnight Dinner & a Movie' package, as well as a range of celebration packages for special occasions.

For more information visit 12apostleshotel.com.

The prize

One lucky reader and a partner will win the ultimate luxury experience with a lavish two-night stay in a superior sea-facing room; a mouth-watering three-course dinner and a flight of wines; a BI Africa BI Together signature treatment for two in the serene Twelve Apostles Spa; and full English breakfast daily, complete with oysters and sparkling wine.

To enter

SMS '12APOSTLES' followed by your name, ID number and postal address to 48405. Each SMS costs R1,50 and free SMSs do not apply. Competition closes on 31 March 2015. The prize cannot be transferred to cash. Transport is not included. Visit foodandhome.co.za for terms and conditions.

GO



90 TASTES OF PENANG

Fusing East and West, this must-visit island has become the foodie capital of Malaysia

96 ASIAN OCCASION

Traditional sides and sauces for a feast of the Orient

102 RAMEN

New ways with this popular Japanese noodle

110 BEEFING UP

Melt-in-the-mouth, tender Wagyu beef from Woodview Farm

118 THE SWEET LIFE

Asian-inspired desserts by pastry chef, Cherry Pin

122 FIND YOUR FORTUNE

Words of wisdom wrapped up inside crunchy, golden fortune cookies

“

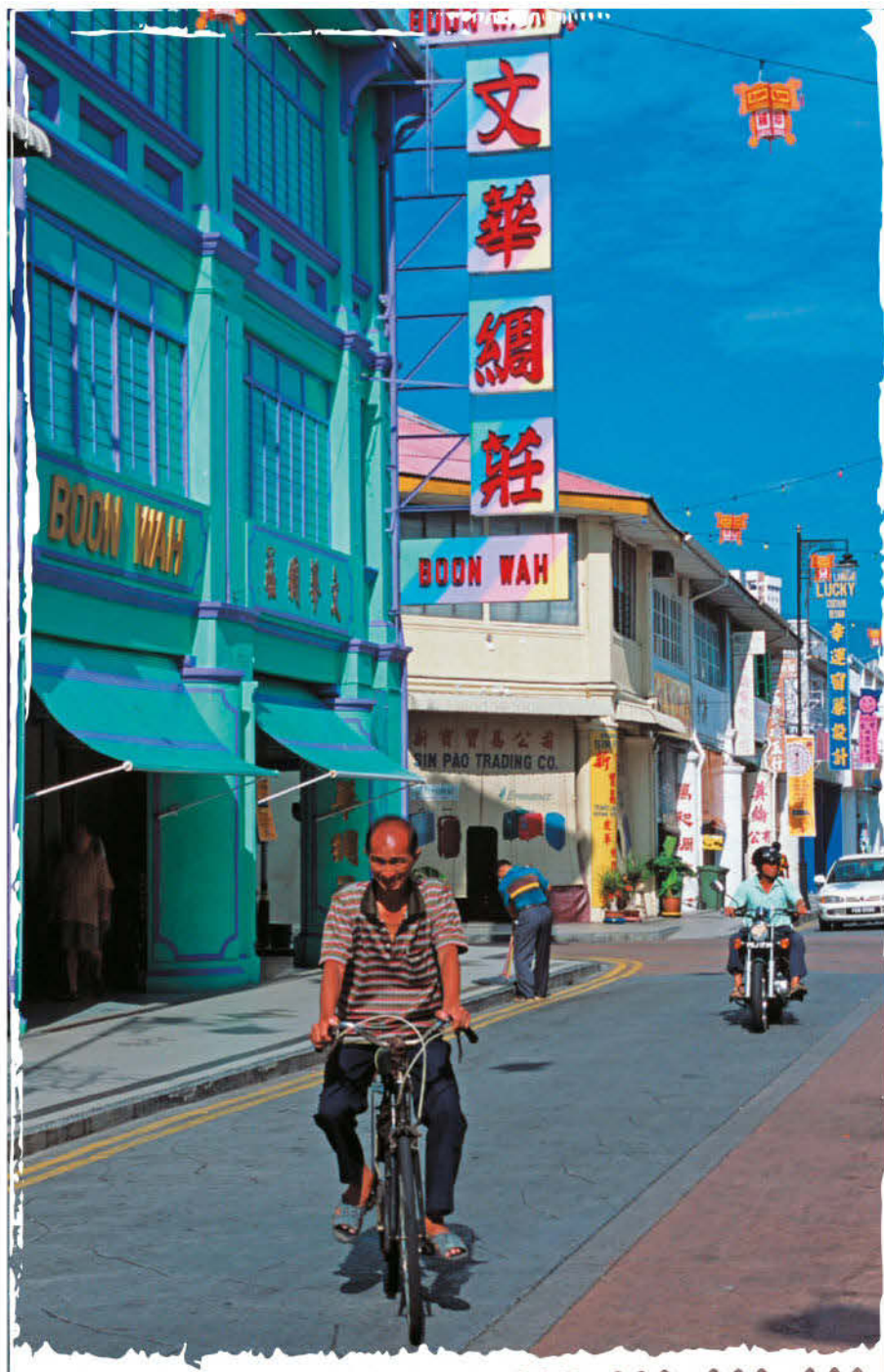
I have come to the conclusion that just as the Japanese live to work, Asians live to eat.

”

ANASTACIA OAIKHENA



TASTES OF PENANG



Penang Butterfly Farm



Stone dragon at
Kek Lok Si Temple



Asam Laksa

A FASCINATING FUSION OF EAST AND WEST, PENANG, AN ISLAND OFF THE WEST COAST OF PENINSULAR MALAYSIA, EMBRACES MODERNITY WHILE RETAINING ITS TRADITIONS AND OLD-WORLD CHARM

By KIM EBNER Photographs by KIM EBNER and REX FEATURES



After reading so much about Penang being the cuisine capital of Malaysia, I am ready to eat my way around the island. And, with masses of locals, expats and travellers all revelling in the local foodie culture, it comes as no surprise that the food courts and street stalls hold pride of place. Penang has long been viewed as the edgy, less developed cousin of Kuala Lumpur. The island was initially developed by mistake in 1786 as a trading post by Captain Francis Light, of the East India Company, who had actually been sent by his British bosses to take Thailand as a

trading port. But fate intervened and, after a romantic love affair, he eloped to Penang to settle with his love, turning the island into the trading port instead. This, in turn, led to the blending of cultural delights that Penang is renowned for today.

Heading out onto the streets of the island's capital, George Town, I am determined to find some street food – a term which perhaps, for many South Africans, conjures up images of grubby stalls selling past-their-prime food items on greasy plates, lazy flies buzzing around and the thought of food poisoning never far off. But, as I am about to discover, this couldn't be further from the truth.

The first stop on my culinary journey is the New World Park Food Court.

Here, plastic tables and chairs share an undercover courtyard surrounded by 25 vendor stalls selling a variety of local dishes. I slink around the periphery, eventually settling for a bowl of asam laksa – a spicy noodle dish made with mackerel, tamarind, lemongrass, chillies and shrimp paste. It is fantastic!

Another stand grabs my attention and I head over and order a bowl of hokkien hae mee. Soaking up the piping hot broth is a mixture of noodles, prawns, sliced chicken, squid and spinach. It is a firm local favourite and I can taste why. With my lunchtime craving finally satisfied, I traipse off in search of the street art that George Town is so famous for. In 2012, for the George Town Festival, the Penang Island Municipal Council



Kek Lok Si Temple



Kim's fiancé, John Loudon, poses in front of some street art



A local fish stall in one of the street markets of George Town



commissioned a young artist to create paintings, murals and 3D art around the city. Today, this art has brought the city to life and encourages locals and visitors alike to venture out onto the streets on foot. In the last few years, other artists have added their pieces to the streets and walls of George Town, making this one of the best areas in the world for street-art fans.

It doesn't take me long to find the piece I've been looking for. I gaze at it in fascination. Not only is it on the side of an old, dilapidated building, but it has an actual bicycle standing in front of it, attached to the wall, and two painted children riding it. This is the first of many 3D images I come across and I fall in love with all of them.

That evening, with weary legs and a grumbling stomach, I fall upon another of George Town's famous food courts, Red Garden Food Paradise (redgarden-food.com). This place is clearly geared towards tourists with its great location, slightly higher prices and karaoke set up in the centre. Despite the live 'music', I'm immediately a fan.

The food court has a large number of stalls, the majority of which sell seafood. But I am in the mood for something different and I find it at Kimpo Famous Roasted Crispy Duck stall where a row of golden-skinned ducks hang behind a plate of glass.

Served with rice, cucumber and a sticky sauce, the duck is so tasty that I decide one portion definitely isn't enough and head back for more. But, I get sidetracked and walk away with a plate of crispy pork – soft and juicy and the sauce silky and delicious.

The following day, and after an enthralling trip to the Kek Lok Si Temple complex, I set off to find one of Penang's highly rated dim sum restaurants, De Tai Tong Dim Sum.

This local eatery is often bursting at



De Tai Tong Dim Sum Restaurant

A traditional clan house in Cannon Square



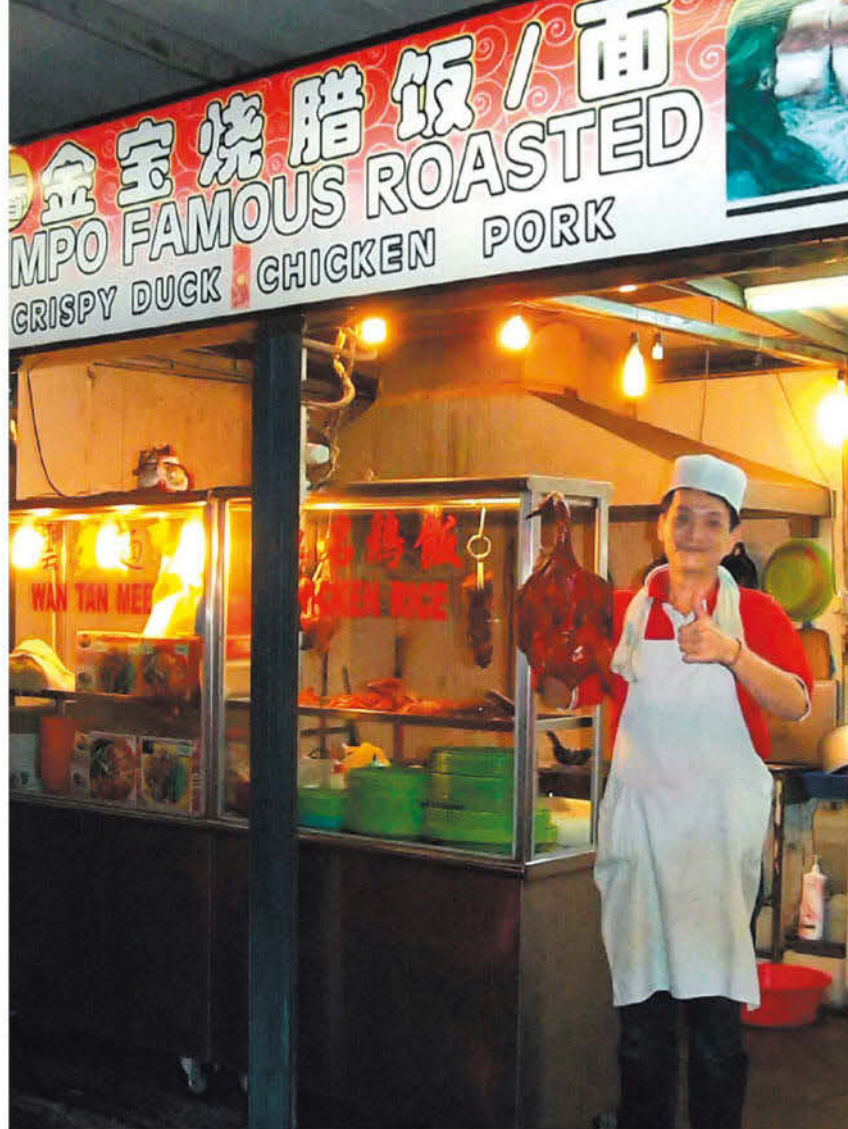
When to go

As a general rule, Penang is hot and humid almost all year round with a steady, daily temperature of about 28°C. However, February and early March tend to be hotter. This, coupled with the high humidity, can make walking around George Town slightly more taxing during these months. But, if it's blue skies you're after, these months offer that up in abandon. May and October are the two wettest months. Between June and September the skies are definitely greyer and there will be some rain, but it usually doesn't last very long.



the seams with locals and travellers alike and it can be difficult to get a table, but luck is on my side. No sooner do I sit down when an elderly lady pushing a silver trolley, piled high with wooden baskets of warm dim sum, approaches my table. She points at the contents of her trolley and does her best to explain the different choices to me. I can't help but feel like a local popping soya sauce-soaked dumplings into my mouth.

My last day in Penang is spent ascending Penang Hill (penanghill.gov.my), which is 833 metres above sea level. It is one of the oldest colonial hill stations established by the British during their time in Malaysia.



Although it is possible to hike up the hill, I have no intention of embarking on such a strenuous mission and wait for the Penang Hill Funicular Railway.

After a day filled with amazing views and plenty of Kodak moments, I decide to spice things up and head off to an area known as Little India and a restaurant called Sri Ananda Bahwan for dinner. With the stifling heat and humidity that settles over Penang in August, I ask the waiters to set up a table for me outside on the pavement. I have a spicy, thick crab curry in front of me, a garlic naan and a large Tiger beer calling my name. What bliss.

Penang is an island of surprises. Whether you arrive ready to immerse yourself in new experiences or you are retracing footsteps, she doesn't fail to delight. And it is these thoughts that are running through my mind when the heavens open and down comes the rain. People scurry across the street, waiters grab curry-laden

Kek Lok Si Temple





Where to stay

For most people, a trip to Penang revolves around the sights and sounds of George Town. This area is full of family-run guest houses, boutique hotels, self-catering heritage houses and plenty of hostels. Check out booking.com or tripadvisor.co.za for assistance with finding the perfect place for you, as options abound.

Getting there

Fly direct from Johannesburg to Singapore with Singapore Airlines (singaporeair.com). Then travel to Penang on any one of the following airlines: AirAsia (airasia.com), JetStar (jetstar.com), Tigerair (tigerair.com) or SilkAir (silkair.com).

What to do

Penang is an island with much to see and do. Not only is the street food amazing, but there are plenty of sights to enthrall various curiosities. The highlights of my trip were seeking out the street art in George Town, visiting Khoo Kongsi (khookongsi.com.my), a trip to the Kek Lok Si Temple complex, an excursion up Penang Hill and a visit to the Penang Butterfly Farm (butterfly-insect.com). All of these sights are easily reachable using the public buses. Penang also has a free shuttle bus, known as the Central Area Transit (CAT) bus, which services the George Town area. The buses run at regular 20-minute intervals throughout the day and are a very convenient way of getting around George Town.



dishes off tables and scramble for cover. "Madam, you must come inside," urges a waiter dashing to my table. "I will find you somewhere nice to sit."

"Actually, I think I'll just sit here for now. It's so hot anyway and it will probably stop soon." And just like that the downpour is over. "See, I told you," I say with a smile. "I am surprised," he replies. "I thought the rain was going to stay."

It seems that even the locals never cease to be surprised by what Penang offers up.



Kim's sister,
Lee Ebner



ASIAN OCCASION

The background is a dark, textured surface, possibly stone or slate, with a mottled blue-grey color. On the right side, there is a faint, yellow, stylized floral or leaf-like outline. On the left side, a silver spoon with a dark handle is filled with small, bright red berries. Several more of these berries are scattered on the dark surface around the spoon.

THE PERFECT LIGHT AND FLAVOURFUL SAUCES
AND SIDES FOR ANY FAR EAST-FUSION AFFAIR

Recipes and styling by SARAH DALL Assisted by ROBYN THOMPSON
Photographs by DONNA LEWIS

Edamame beans with chilli salt

Serves 4 **EASY** 15 mins

THE FLAVOUR COMBINATIONS

500g frozen edamame, in shells

15ml (1 tbsp) chilli flakes

15ml (1 tbsp) pink
peppercorns

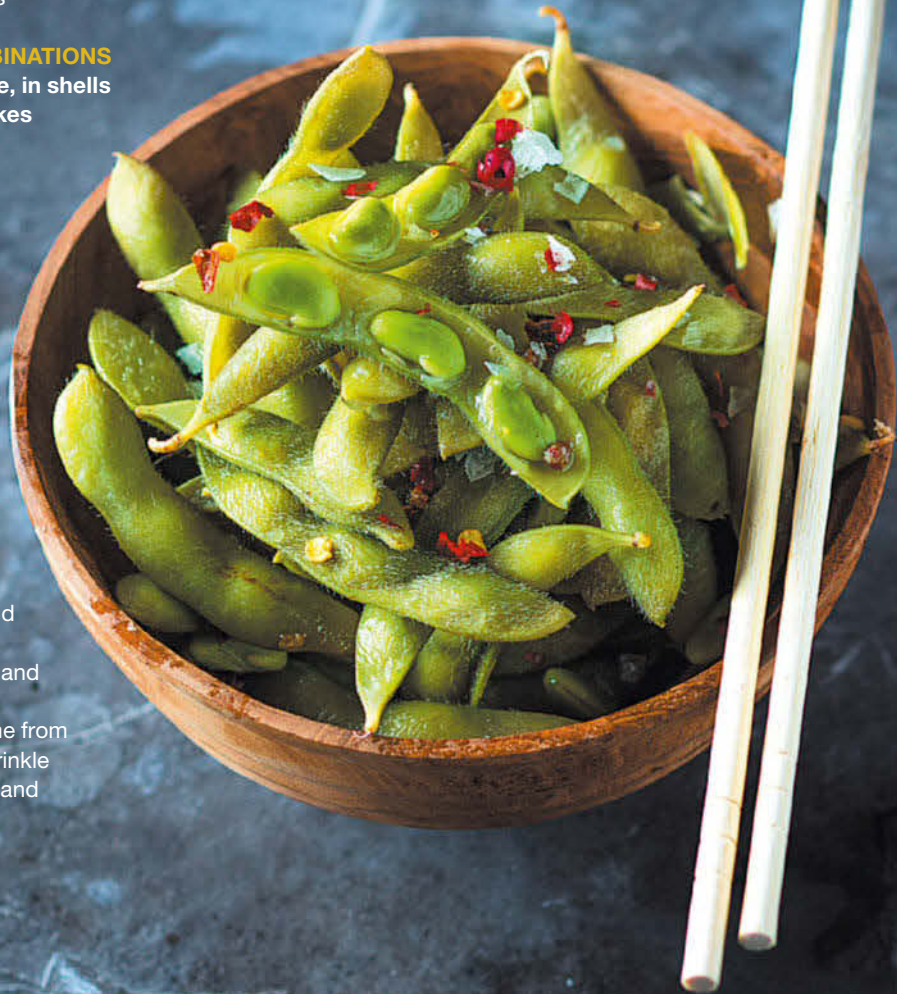
30ml (2 tbsp) Maldon
sea salt

HOW TO DO IT

1 Bring a medium-sized pot of salted water to a boil. Add the edamame beans and cook, 5 minutes.

2 While the beans are cooking, place the chilli flakes and peppercorns in a spice grinder and pulse 3 times. Alternatively grind in a pestle and mortar. Mix with the salt flakes and set aside.

3 Remove the edamame from the heat and strain. Sprinkle over the seasoned salt and serve immediately.



Crispy chicken wings with Cambodian tuk trey dipping sauce

Serves 4 **EASY** 45 mins

THE FLAVOUR COMBINATIONS

8 chicken wings
20g butter, melted
salt and freshly ground black pepper, to taste

TUK TREY DIPPING SAUCE

30ml (2 tbsp) palm sugar
30ml (2 tbsp) fish sauce
30ml (2 tbsp) lime juice
65ml water
1 garlic clove, peeled and crushed
10ml (2 tsp) chilli paste
100g roasted peanuts, finely chopped

lime wedges, to serve

HOW TO DO IT

1 Preheat the oven to 180°C. Place the chicken wings on a roasting tray, brush with melted butter and season with salt and pepper. Roast in the oven until crispy, 45 minutes.

2 For the tuk trey, mix together the palm sugar, fish sauce, lime juice, water, garlic and chilli paste, and stir until the sugar has dissolved. Season accordingly. Add the finely chopped nuts just before serving with the crispy chicken wings. Place some lime wedges on the plate for squeezing over.



Papaya atchara

Makes 500ml (2 cups), serves 4

EASY 30 mins + overnight, to pickle

THE FLAVOUR COMBINATIONS

500ml (2 cups) rice vinegar

500ml (2 cups) water

100g sugar

2 garlic cloves, peeled

1 x 5cm knob fresh ginger, grated

1 papaya, skin and seeds removed and cut into thin strips/julienned

1 red pepper, seeded and thinly sliced into rings

5 baby carrots, cut in half

4 carrots, peeled and cut into thin strips

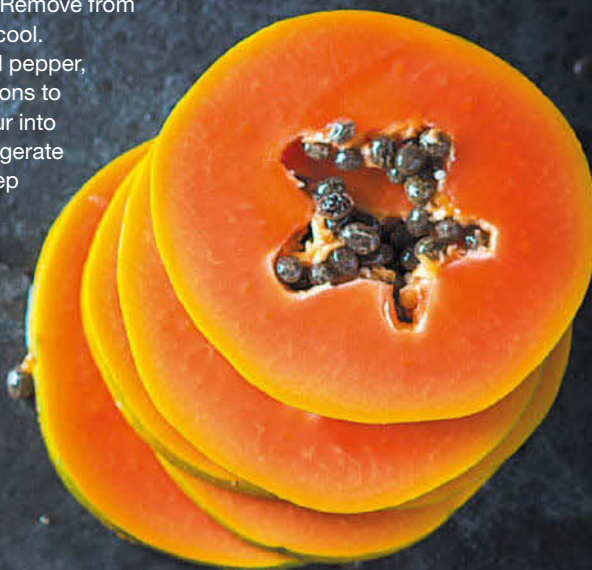
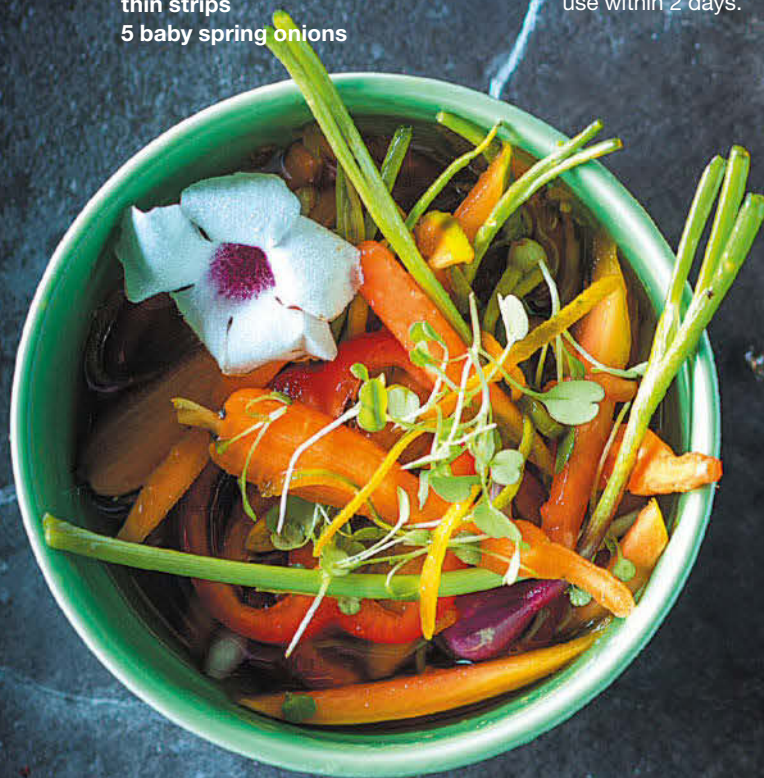
5 baby spring onions

HOW TO DO IT

1 Place the rice vinegar, water and sugar in a medium-sized pot and bring to a boil, stirring continuously until all the sugar has dissolved.

Reduce the heat, add the whole garlic cloves and ginger and allow to simmer, 5 minutes. Remove from heat and set aside to cool.

2 Add the papaya, red pepper, carrots and spring onions to the pickling liquid. Pour into sterilised jars and refrigerate overnight. This will keep for up to 2 weeks. But, once opened, use within 2 days.



66

COOK'S TIP

This is delicious served with grilled pork, beef or fish and garnished with microherbs.

99



Stuffed baby marrow flowers

Serves 4 **EASY** 40 mins

THE FLAVOUR COMBINATIONS

200g raw prawns, peeled, deveined and roughly chopped
30ml (2 tbsp) fresh dill, chopped
10ml (2 tsp) fish sauce
1 garlic clove, peeled and crushed
1 fresh red chilli, finely chopped (optional)
8 baby marrow flowers
sunflower oil, to fry
1 egg white
100g cake flour

Asian dipping sauce, to serve (recipe on page 101)

HOW TO DO IT

- 1 Mix together the prawns, dill, fish sauce, garlic and chilli. Stuff the mixture into the centre of the baby marrow flowers and refrigerate until ready for use, at least 20 minutes.
- 2 Heat the oil in a medium-sized pot over high heat. Brush the flowers with egg white, coat in flour and fry until crispy and cooked through, 2 minutes on each side.
- 3 Serve immediately with Asian dipping sauce.

Steamed pork dumplings

Makes 24 **EASY** 1 hr

THE FLAVOUR COMBINATIONS

250g ground pork mince
½ baby cabbage, finely sliced
10ml (2 tsp) hoisin sauce
5ml (1 tsp) soya sauce
1 lemongrass stick, finely chopped
1 garlic clove, peeled and crushed
15ml (1 tbsp) sesame oil
24 frozen dumpling wrappers, defrosted
50g cornflour, to dust
100ml cold water, to assemble

Asian dipping sauce, to serve (recipe on page 101)

HOW TO DO IT

- 1 Line a baking tray with baking paper.
- 2 Mix together the pork mince, cabbage, hoisin, soya, lemongrass, garlic and sesame oil.
- 3 Cover the dumpling wrappers with a damp cloth to stop them from drying out. Lightly dust your surface with a little cornflour and place a few dumpling wrappers on the dusted surface. Place 15ml (1 tbsp) filling in the centre of each wrapper. Brush the edges with a little water, and pinch/pleat the wrapper

around the edges. Bring the ends together and pinch to seal. Place on the baking tray and repeat this process until all the dumplings are made.

4 To steam the dumplings, line a basket steamer with baking paper and place the steamer over a pot of boiling water. When steam starts appearing from the basket, remove from heat. Place your dumplings in the basket, making sure they don't touch each other. Cover and steam, 5 – 7 minutes. Remove from the steamer and enjoy immediately with Asian dipping sauce.



Beef and lemongrass skewers

Makes 8 skewers **EASY** 30 mins

THE FLAVOUR COMBIANTIONS

500g beef mince
150g pork mince
3 garlic cloves, peeled and finely chopped
15ml (1 tbsp) lemongrass, finely chopped
10ml (2 tsp) fish sauce
1 fresh green chilli, finely chopped (optional)
salt and freshly ground black

pepper, to taste
8 thin lemongrass sticks
oil, to brush
30ml (2 tbsp) cooking oil

lime quarters, to serve

HOW TO DO IT

1 Mix together the minces, garlic, 15ml (1 tbsp) lemongrass, fish sauce and chilli in a bowl. Knead for 5 minutes until it all comes together and season with salt and a few grindings of black pepper.
2 Divide the mixture into 8 portions and shape the mince around the

lemongrass sticks. (You may need to oil your hands.) Brush the skewers with oil and set aside.

3 Heat the oil in a frying pan over high heat, and pan-fry the skewers until golden and cooked through, 2 – 3 minutes on each side. Alternatively, these are delicious when cooked on the braai. Serve immediately with some lime wedges.



Steamed pork dumplings

Asian dipping sauce

Makes 250ml (1 cup) **EASY**
15 mins

THE FLAVOUR COMBINATIONS

125ml (½ cup) water
45ml (3 tbsp) fish sauce
45ml (3 tbsp) rice vinegar
30ml (2 tbsp) sugar
2 garlic cloves, peeled and finely crushed
1 fresh red chilli, finely sliced

1 spring onion, finely sliced
20ml (4 tsp) lime juice

HOW TO DO IT

1 Place the water, fish sauce, rice vinegar and sugar in a small pot over medium-high heat. Stir continuously until just before boiling point. Remove from heat and set aside to cool completely.
2 Stir in the garlic, chilli, spring onion and lime juice. Cover and refrigerate until needed.



R A M E N



THE TRADITIONAL
JAPANESE NOODLE
SOUP HAS BECOME
A POPULAR DISH
WORLDWIDE.
HERE, WE UNRAVEL
NEWFANGLED WAYS
WITH RAMEN

Recipes and styling by
THULISA MARTINS Assisted by
NOMVUSELELO MNCUBE
Photographs by DYLAN SWART





Basic ramen noodles

Serves 6 **EASY** 1 hr

THE FLAVOUR COMBINATIONS

10ml (2 tsp) baking powder
160ml warm water
400g white bread flour, sifted + extra, to dust
pinch salt
cornflour, to dust

HOW TO DO IT

1 Stir the baking powder into the warm water until fully dissolved. Mix the flour with the salt and make a well in the centre. Stir in the warm water and mix until the dough starts coming together. Knead the dough for 10 minutes on a lightly dusted surface. Form into a ball, wrap with cling film and refrigerate, 30 minutes.

2 Remove from the fridge and press through a pasta machine (push it through once on each setting, from the widest to the narrowest). Cut into your desired noodle shape.

3 Toss the shaped ramen in cornflour to prevent sticking then cook in boiling salted water, 1 minute.

COOK'S TIPS

The noodles can be hung on a clean rack or rod until dry and stored in an airtight container for up to 1 month. When dry, adjust the cooking time to 3 minutes.

VARIATIONS

Beetroot noodles Add 30ml (2 tbsp) beetroot purée to the water and baking powder mixture prior to adding it to the flour. To make your own beetroot purée, boil 1 beetroot until very soft, drain, peel and blitz in a blender until a purée forms.

Black noodles Add 4g squid ink (available at speciality delis or your local fishmonger) to the water and baking powder mixture prior to adding to the flour.

Spinach noodles Add 45ml (3 tbsp) spinach purée to the water and baking powder mixture prior to adding it to the flour. To make your own spinach purée, boil a handful of spinach for 5 minutes until very soft, drain and blitz in a blender until a purée forms.



“**COOK’S TIP**
The broth can be made 1 day
in advance to reduce the
preparation time on the day.”

Tonkotsu with beetroot noodles

*Tonkotsu is a Japanese ramen
noodle soup characterised by
its salty pork broth*

Serves 6 **EASY** 4 hrs 30 mins

THE FLAVOUR COMBINATIONS BROTH

1kg large pork bones
1kg chicken bones
4 garlic cloves, peeled
4cm fresh ginger, peeled
2 medium carrots
2 medium leeks
50ml olive oil
salt and freshly ground black
pepper, to taste
water, to cover

PORK BELLY/RASHERS

1kg rolled pork belly/rolled
pork rashers
salt and freshly ground black
pepper, to taste
30ml (2 tbsp) sesame oil
15ml (1 tbsp) mirin
15ml (1 tbsp) brown sugar
20ml (4 tsp) miso paste

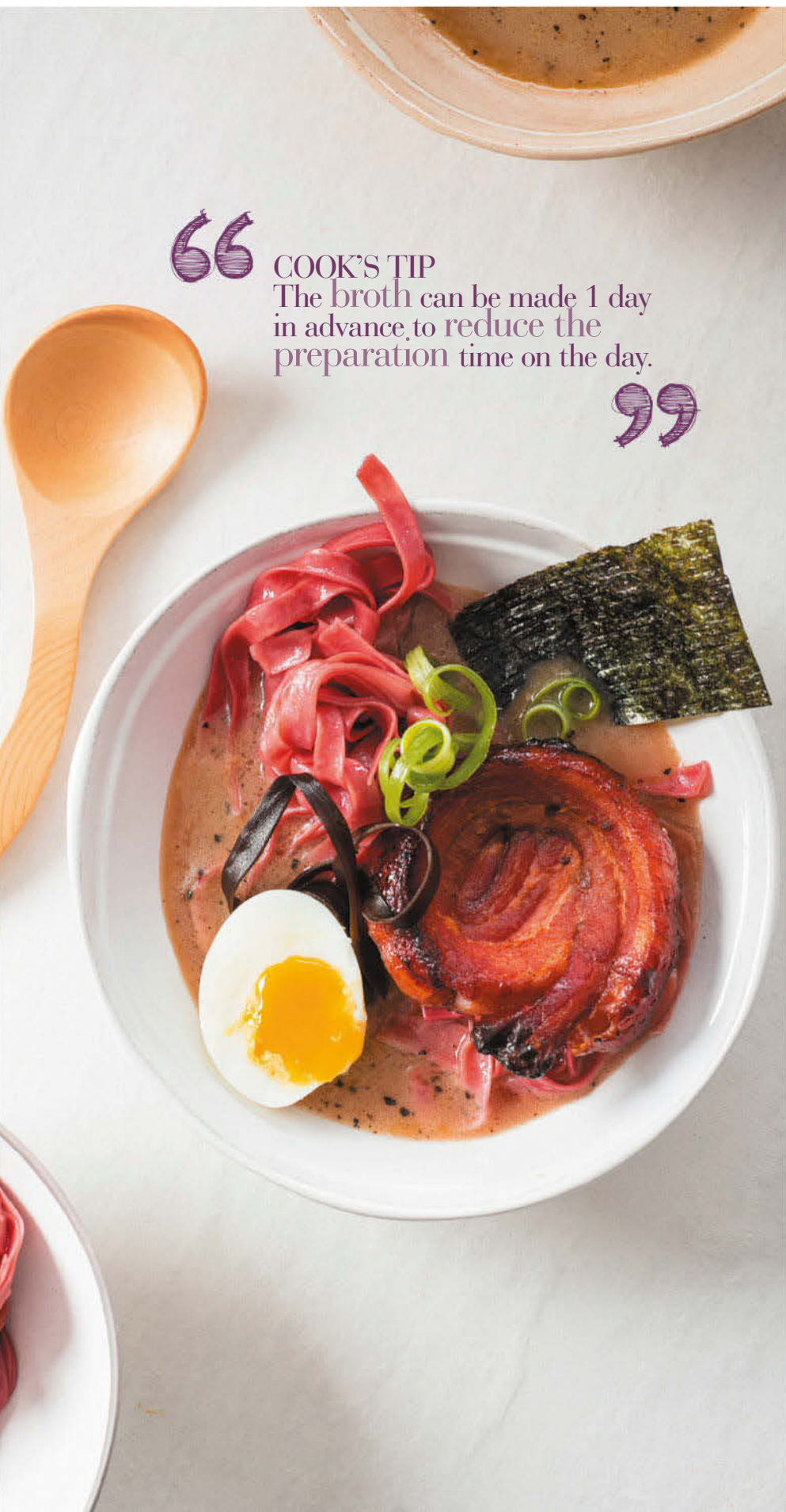
TO SERVE

1 x quantity cooked beetroot
noodles (recipe on page 103)
3 soft-boiled eggs, boiled for
4 minutes, peeled and halved
4 spring onions, sliced and soaked in
ice water, to curl
3 sheets kombu, cut into strips and
soaked in hot water, 5 minutes
2 sheets nori seaweed, cut into 6
equal-sized pieces

HOW TO DO IT

1 For the broth, preheat the oven to 200°C. Place the bones in a large baking tray with the garlic, ginger and vegetables. Drizzle with the olive oil and roast until brown, 20 minutes. Remove from oven, leave the oven on, reducing the heat to 160°C, season and place the bones and pan juices in a large pot over medium heat. Cover with water and simmer for 2 hours, while skimming off the dark foam. Strain the liquid, return to the heat and reduce for 45 minutes. Season, if needed.

2 For the pork belly or rashers, season the meat and rub with sesame oil, mirin, sugar and miso. Place in a roasting tray and roast in the preheated oven until



brown, 1 hour for the pork belly, 20 minutes for the rashers. Remove from oven and set aside to cool, 10 minutes. If using pork belly, slice into thin rounds to serve.

3 To assemble, divide the broth among 6 bowls. Serve with the pork belly or rashers, cooked beetroot noodles, half a boiled egg, spring onions, kombu and nori.

Prawn tsukemen ramen with black noodles



Tsukemen, or 'dipping noodles', is ramen with a twist! This Japanese noodle dish consists of ramen, which are eaten after dipping in a separate bowl of soup

Serves 6 **EASY** 45 mins

THE FLAVOUR COMBINATIONS

PRAWNS

500g large prawns, cleaned and deveined

60ml (¼ cup) sesame oil

1 onion, peeled and finely chopped

2 garlic cloves, peeled and roughly chopped

2cm fresh ginger, peeled and grated

15ml (1 tbsp) soya bean sauce

salt and freshly ground

black pepper, to taste



BROTH

45ml (3 tbsp) sake
50ml mirin
50ml soya sauce
45ml (3 tbsp) rice vinegar
750ml (3 cups) water
3 sheets kombu

handful fresh coriander, to serve
small handful fresh green chillies,
chopped, to garnish (optional)
cooked black noodles, to serve
(recipe on page 103)

HOW TO DO IT

- 1 For the prawns, coat the prawns with 30ml (2 tbsp) of the sesame oil and mix with the onion, garlic, ginger and bean sauce. Season, cover and refrigerate to marinate, 30 minutes.
- 2 For the broth, add all of the ingredients to a medium-sized pot over medium heat and leave to simmer, 10 minutes. Remove from heat and leave to stand at room temperature, 10 minutes. Remove and discard the kombu and reheat the broth when ready to serve.
- 3 Fry the prawns over high heat in the remaining sesame oil until cooked through, 5 – 10 minutes. Serve in the broth garnished with coriander, chillies, if desired, and with a side of black noodles.

Beef miso with ramen buns

Sure to confuse and delight your taste buds, try this fun, tasty spin on a traditional burger

Serves 6 **EASY** 45 mins + 1 hr, to rest

THE FLAVOUR COMBINATIONS

BEEF PATTIES

500g lean beef mince
50ml miso paste
1 red onion, peeled and finely chopped
2 eggs, beaten
100g breadcrumbs
salt and freshly ground black pepper, to taste

NOODLES

1 x quantity cooked basic ramen noodles (recipe on page 103)
1 egg
15ml (1 tbsp) sesame oil



SAUCE

50ml teriyaki sauce
50ml thick soya sauce
45ml (3 tbsp) honey

fresh lettuce, to serve
6 radishes, thinly sliced, to serve

HOW TO DO IT

- 1 For the beef patties, mix all of the ingredients together until combined. Shape into six 8cm patties, place on a lined baking tray, cover and refrigerate, at least 30 minutes. This can be done overnight to save time when needed.
- 2 For the noodles, mix the noodles with the egg, divide into six 8cm ramekins and refrigerate to rest, 30 minutes. Heat a non-stick pan over medium heat and add some of the sesame oil. Invert the noodle-containing ramekin, place in the pan and fry, keeping the ramekin over the noodles to hold a round shape, until golden brown, 2 minutes. Remove the ramekin and turn the noodles to fry on the other side, 2 minutes. Repeat with the remaining ramekins of noodles.
- 3 For the sauce, mix all of the



ingredients together and set aside.

- 4 Fry the patties in the remaining sesame oil over medium heat until cooked and golden brown, 5 – 8 minutes on each side. Remove from heat and coat thoroughly with the sauce. Serve the patties between the noodle buns with lettuce and radishes. Drizzle with leftover sauce.

“Hybrid trends in the culinary world have continued into 2015.”

Beef miso with ramen buns



Mushroom shio spinach noodles

Shio (salt) ramen is a pale, clear, golden broth made with plenty of salt and any combination of chicken, vegetables, fish and seaweed
Serves 6 **EASY** 30 mins

THE FLAVOUR COMBINATIONS BROTH

625ml (2½ cups) hot water
2L (8 cups) vegetable stock
1 piece kombu, wiped with a damp cloth

60ml (¼ cup) sea salt
25g dried porcini mushrooms (optional)

MUSHROOMS

45ml (3 tbsp) sesame oil
250g mixed Asian mushrooms, cleaned and kept whole
100g bok choy
dash chilli oil
30ml (2 tbsp) hoisin sauce

cooked spinach noodles, to serve (recipe on page 103)
200g bean sprouts, rinsed, to serve

HOW TO DO IT

1 For the broth, mix all of the ingredients in a pot over medium heat. Bring to a boil then simmer, 10 minutes. Turn the heat off.

2 For the mushrooms, heat the sesame oil in a non-stick pan over high heat. Add the mushrooms and bok choy and fry, 5 minutes. Add the chilli oil and hoisin sauce and simmer for a further 5 minutes. Divide the broth among 6 bowls and add the mushrooms, spinach noodles and bean sprouts to serve.

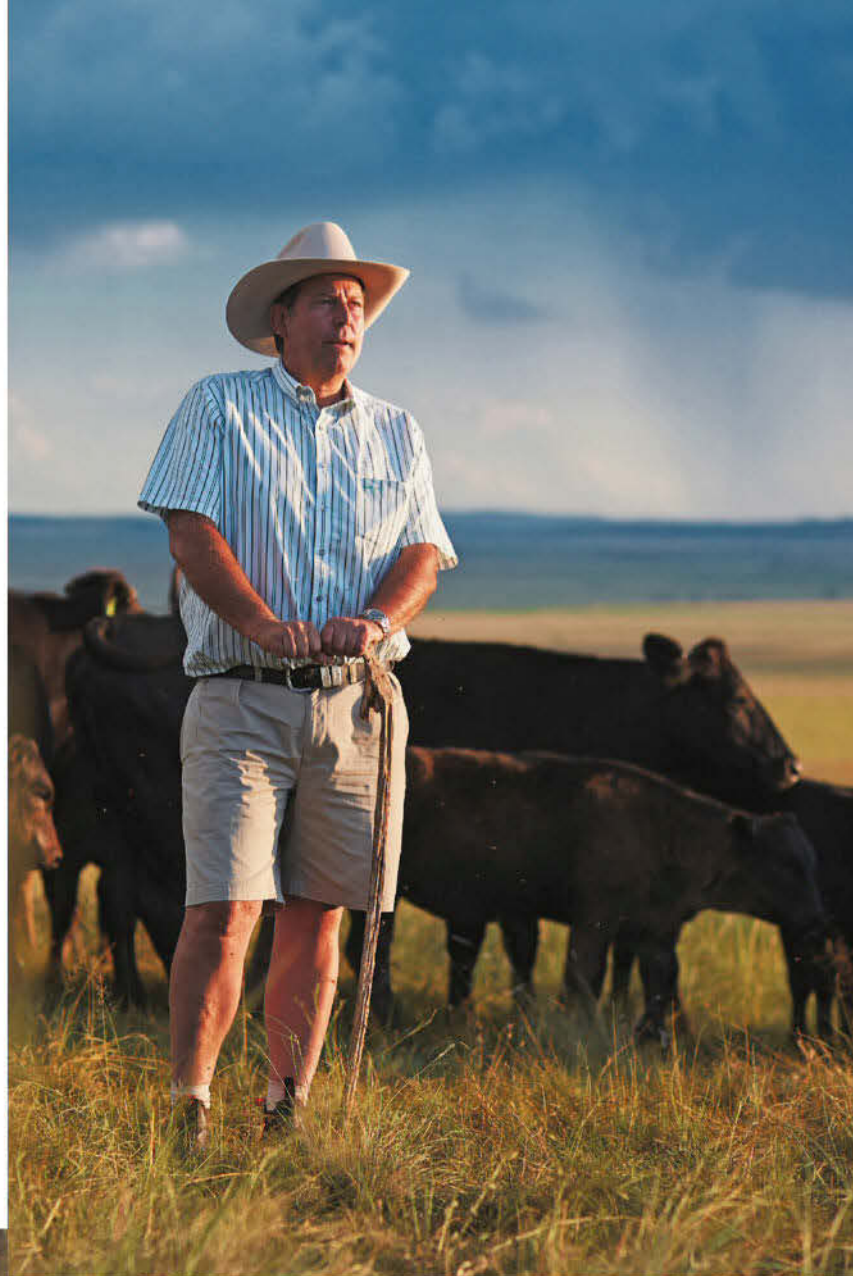






WAGYU BEEF IS NOW
CLOSER TO HOME THAN
YOU THINK, THANKS TO
THE ANGUS FAMILY, WHO
WERE THE FIRST TO
BRING THE BREED INTO
SOUTH AFRICA – WITH
DELICIOUS RESULTS

By LISAVAN DER KNAAP Recipes by
MARTHINUS FERREIRA Photographs by
GRAEME WYLLIE and ANNALIZE NEL



Beefing up



“We don’t own a steak knife in this house,” quips cattle farmer, Brian Angus.

The contradictions and coincidences are rife: a family called Angus farming Angus beef, who also took on a Japanese delicacy, now being bred (and thriving) on the family’s small cattle farm in South Africa – a pioneer showing the rest of the country what they’re missing out on. Brian Angus was the first farmer to bring the Wagyu breed to South Africa – no small feat for a farmer from the Free State, who, with his wife, Maria, and their daughter, Megan, have really put Wagyu on the foodie map in South Africa.



THE PRODUCERS

Woodview Farm has been in the Angus family for 100 years and Megan is the fourth generation. Brian farmed with both his grandfather and his father – something he was fortunate enough to do for 21 years. The farm is steeped in history and the striking photo wall of past and present generations (that welcomes you in) is testament to this. The charm of this old farmhouse is made even more spectacular by the view – a burst of sheer, natural beauty, which overlooks the magnificent Maluti Mountains and changes hues as the hours pass. After a brisket cooked for six hours – which literally melts in your mouth – and home-made apple crumble, we page through the meat-focused magazines that dominate the coffee table, making this family's passion for Wagyu unmistakable. "Only in this house would there be meat magazines only," laughs Brian, with a sparkle in his eyes.

Wagyu beef originated in the Kobe region of Japan hundreds of years ago. As there were no other cattle on the island, the Wagyu breed became extremely pure because it was essentially bred in isolation. Originally, only the Emperor and his family could eat Kobe beef and it became a national treasure. In 1978, 250 Wagyu were shipped to America and, since then, no animals have been allowed to leave Japan. Much like the champagne-versus-sparkling wine debate, beef can only be referred to as Kobe if it's from that particular region in Japan. If the

species is bred anywhere else in the world, it's referred to as Wagyu.

Whether you call it Kobe or Wagyu, the characteristics are still the same. With much more marbling, which gives the meat its flavour, it's high in omega 3 and 6 (even higher than salmon). Interestingly, although the fat on the outside of the meat is saturated fat, the marbled fat in the meat is unsaturated fat (good fat, much like nuts and avocados). The marbled fat also 'melts away' as you cook it, making it even healthier for you. All of these aspects bring with it a pretty hefty price tag (around R500 per kilogram, wholesale), but it's undoubtedly some of the best beef in the world.

"My dad travels for his knowledge," explains Megan. When Brian was in America in 1998, he bought fertilised Wagyu embryos in liquid nitrogen and implanted them into a donor cow in South Africa. He did that again until he had a male and a female and, from there, a new species of cattle, Wagyu, was quite literally born in South Africa. "Every year, I import fertilised Wagyu embryos from different blood lines," explains Brian.

The cattle on Woodview Farm are naturally reared with four different 'lines'. For the Wagyu and Angus herds, there are both free-range and grain-fed cattle, the latter supplemented with sun-ripened corn from the farm during severely cold winter months. In the last year, demand for Woodview Wagyu products – think biltong to boerie and



burgers, or simply any cut of meat you like – has shot up. Maria even does the spice mix for the sausages herself.

All of the meat from their 'boutique butchery' is cut and packed by hand, but perhaps the biggest reason for its rise in popularity is because the family can tell you which parts of the farm the cattle were on, what they ate and the story behind the meat – a triumph for traceability, particularly for chefs and home cooks who want to know where their products come from. Understandably, high-end restaurants and five-star hotels are at the front of the queue, but there's also an online store for foodies at woodviewgourmetfoods.co.za and orders get delivered directly to your door.

“Much like the champagne-versus-sparkling wine debate, beef can only be referred to as Kobe if it's from that particular region in Japan. If the species is bred anywhere else in the world, it's referred to as Wagyu.”



“The biggest misperception is that marbling in meat is bad – this is something we’re trying to teach the public about,” says Maria. Another problem is that the prime cuts only make up 12 per cent of the carcass, and they make burgers and sausage from the rest. “We want to improve the beef quality in South Africa,” adds Megan. And they’ve proved their point. “We’ve entered numerous beef competitions and our Wagyu ends up winning every award – to the point where organisers have told us that it’s unfair to other competitors and they need to create a separate Wagyu competition!” chuckles Brian.

woodview.co.za;
woodviewgourmetfoods.co.za;
 082 573 9687



“Originally, only the Emperor and his family could eat Kobe beef and it became a national treasure.”



Asian-style Wagyu tartare

Serves 2 **EASY** 25 mins

THE FLAVOUR COMBINATIONS

100g Wagyu topside, finely chopped
1 fresh red chilli, finely chopped
5ml (1 tsp) pickled ginger
2.5ml (½ tsp) soya sauce
pinch fresh coriander, finely chopped + extra, to garnish
15ml (1 tbsp) miso paste
2.5ml (½ tsp) lime juice
salt and freshly ground black pepper, to taste
2 raw quail yolks (1 per portion)

handful nori sheets, deep-fried until crisp and broken into shards, to serve

HOW TO DO IT

- 1 Combine all of the ingredients, except the quail yolks, in a bowl and mix well with a spoon. You may have to add more or less soya and miso depending on the taste, similarly with the salt and pepper. Place in the fridge to chill.
- 2 Serve the tartare once chilled and top with a quail egg. Garnish with nori 'chips' and fresh coriander.



Crispy beef pancakes

Serves 6 **EASY** 45 mins + 1 hr, to rest

THE FLAVOUR COMBINATIONS PANCAKES

450g cake flour, sifted
310ml boiling water + extra, if needed
5ml (1 tsp) vegetable oil
sesame oil, to coat

FILLING

15ml (1 tbsp) canola oil
250g Wagyu sirloin, fat removed and thinly sliced into strips
50ml cake flour, seasoned with salt and freshly ground black pepper

50ml oyster sauce
60ml (¼ cup) cucumber, unpeeled and thinly sliced
60ml (¼ cup) carrots, peeled and thinly sliced
60ml (¼ cup) spring onions, thinly sliced

crispy fried leek strips, to garnish
microherbs, to garnish

HOW TO DO IT

1 For the pancakes, mix together the flour, boiling water and vegetable oil until it becomes a smooth, silky dough. Add a little more water if the dough is not

coming together. Cover and set aside to rest at room temperature, 1 hour.

2 Once cool, roll out the pastry on a floured surface until almost transparent. Press out twelve 12cm rounds to form the pancakes, rub each pancake with sesame-seed oil and stack. Steam individually until cooked, about 10 minutes. Set aside and keep warm.

3 For the filling, preheat the oil in a shallow pan over high heat to 180°C. Dust the thinly sliced sirloin in flour and fry the slices until crispy, about 5 minutes.

4 To serve, layer the pancakes with oyster sauce, add some meat slices and vegetables and roll up to eat. Garnish with crispy leeks and microherbs.



THE PRODUCERS

Pulled beef brisket on cornbread and Asian-style miso slaw

Serves 12 **EASY** 30 mins + 10 hrs or overnight, to slow-roast

THE FLAVOUR COMBINATIONS

1 whole 3,5kg – 4kg Wagyu beef brisket

salt and freshly ground black pepper, to taste

12 cornbread slices, toasted (go to foodandhome.co.za for a recipe)

200ml hoisin sauce

50ml oyster sauce

ASIAN-STYLE MISO SLAW

1 large carrot, sliced very thinly lengthways

¼ large cabbage,

sliced very thinly lengthways

1 large red onion, peeled and finely sliced

100ml miso mayonnaise (mix together equal parts miso paste and mayonnaise) + extra, to garnish

chopped red chillies, to serve
chopped spring onions, to serve
microherbs, to garnish

HOW TO DO IT

1 Preheat the oven to 100°C.

2 Season the brisket with salt and pepper, place in a baking tray and slow-roast, 10 hours or overnight.

3 Once done, allow to cool, then pull the brisket apart using a fork. Mix the meat together with the hoisin sauce and oyster sauce.

4 For the miso slaw, mix together the carrot, cabbage, onion and miso mayonnaise. Season to taste.

5 To assemble, place some pulled brisket on a slice of toasted cornbread. Top with some Asian-style slaw and sprinkle with chillies, spring onions and microherbs to serve. Add a side of miso mayo to garnish.



Dukkah-crusted Wagyu tataki

Serves 2 **EASY** 1 hr

THE FLAVOUR COMBINATIONS PISTACHIO DUKKAH

5ml (1 tsp) cumin
5ml (1 tsp) coriander seeds
20ml (4 tsp) pistachio nuts

KIMCHI 'SPAGHETTI'

200ml sake
200ml mirin
100ml rice wine vinegar
15ml (1 tbsp) honey
20ml (4 tsp) kimchi
30ml (2 tbsp) agar agar

150g Wagyu fillet
canola oil, to sear
20ml (4 tsp) sesame seeds

SALAD

thinly sliced radish
shaved cucumber
fresh coriander
thinly sliced chilli
chopped spring onion
salt and freshly ground black pepper,
to taste
kimchi dressing (available at Asian
supermarkets), to drizzle

HOW TO DO IT

- 1 For the pistachio dukkah, blitz together the ingredients in a food processor until coarse.
- 2 For the kimchi 'spaghetti', place the sake, mirin, vinegar and honey in a pot and bring to a boil. Add the kimchi. Once boiling, add the agar agar. Remove from heat and blitz with a hand blender until smooth. Pour into flat trays and allow to set in the fridge. Once set, cut into thin strips to resemble spaghetti.
- 3 Sear the fillet in a pan over high heat in a little oil. The fillet needs to be sealed but still rare. Remove from heat and allow to cool.
- 4 Roll the fillet in the pistachio dukkah spice until covered.
- 5 Combine the remaining ingredients to make a salad. Slice the fillet and serve with the salad ingredients and kimchi 'spaghetti'. Season to taste and drizzle with kimchi dressing.





The sweet life

By CHEVAUN ROUX Recipes by CHERRY PIN Styling by TARYN DAS NEVES Photographs by ANNALIZE NEL

Asian flower shortbread (recipe on page 120)



HEAD PASTRY CHEF OF TRADEWINDS RESTAURANT, AT THE HILTON HOTEL SANDTON, CHERRY PIN TELLS US ABOUT HER LIFE IN THE PASTRY KITCHEN AND HOW HER CULTURAL UPBRINGING HAS INFLUENCED THE DESSERTS SHE CREATES TODAY

The world of food is diversified by the people and cultures creating dishes and personalised cuisines. Without even having to travel our planet, food lovers are able to taste and delight in any number of country-specific dishes, all available on our doorstep. The beauty about creating global food using traditional knowledge is that it gives food a new-age personalised take, so that the revolution of food continues to grow and expand.

Chef Cherry Pin is the epitome of this concept. Born in Thailand and raised on the traditional cuisine of her mother's kitchen, Cherry has taken her lifelong knowledge of Thai food and combined it with her passion to cook and create, which has resulted in fusion feasts sprinkled with her very own flare.

Cherry describes her first experience in the kitchen creating food as "all I needed to know that this is what I wanted to do with my life". At the tender age of seven, Cherry found herself cracking eggs and making omelettes under the watchful eye of her brother. The concept of taking this simple, raw ingredient and being able



to turn it into something structurally different and delicious fascinated her young mind; and so began her journey into the world of food.

After 17 years of cooking in her mother's Thai kitchen, Cherry travelled to South Africa with her father, who worked as a construction engineer. At this point in time, Cherry was at the height of her Taekwondo career, having just won the Junior Championships in Bangkok, and was hoping to further her training in South Africa to go to the Olympics. Clearly a multifaceted and multitalented woman, when her Olympic ambitions didn't come to fruition, Cherry turned back to her other love – cooking!

After two years, she decided to join Capsicum Culinary Studio to take her passion to a professional level. Although her original plan was to start in pastry, Cherry was advised to first build up her skills in other culinary areas and, so, she completed a two-year cooking diploma, then moved on to her one-year patisserie diploma. Although Cherry was at a point in her life where she was having to follow instructions and learn technical basics, in her mind

she was still applying the Thai influence she had been raised on to her cooking and patisserie creations.

Cherry started her career in the hotel industry at the SunSquare Hotel in Montecasino as a junior pastry chef, although this was not always her ambition. "My first thought when I walked into chef school was that I wanted to open a restaurant, bakery or coffee shop. Now, because I love working with chocolate and sugar so much, I would actually love to open a manufacturing factory with a little coffee shop inside it." And, although she is incredibly experienced in the hotel industry (having spent her entire working career in various A-list hotel kitchens), this is still something she would like to do. Wishfully, Cherry adds, "Maybe... one day. Something to work towards."

Cherry's cooking has always spoken for itself. From her early days at SunSquare, she showed off her pastry abilities and proved that she could handle herself in the kitchen. From then on, she was able to move up the ranks and run her own pastry kitchen, thereby adding her own flair and flavour to all the dishes. When asked what makes her dishes particularly unique, Cherry describes her ability to combine distinctive flavours with stable and grounded origins, to result in diversity. "We use a lot of coconut milk and cream and fruit in Thai desserts... these are great ingredients with which to make dishes even better." Cherry appreciates that Thai cuisine can be complex and, often, missing one little step can change the overall flavour of the dish but it's a great way to show diversity in cooking. "Each method is different and everyone executes it differently – I can't cook like my mother, but we both make good food. So there is always something to learn."

Cherry is happily living in South Africa with her husband and daughter, but that does not go without their annual trips to Thailand to see old family and friends. "Life is good here but there is no telling what the future may hold."

Sticky rice with plums



Serves 6 **EASY** 1 hr + overnight, to soak

THE FLAVOUR COMBINATIONS

STICKY RICE

1kg sushi rice
600g sugar
5ml (1 tsp) salt
500ml (2 cups) concentrated coconut milk
15ml (1 tbsp) vanilla essence

POACHED PLUMS

6 (700g) ripe plums, cut in half and stones removed
250ml (1 cup) water
250ml (1 cup) white wine
10ml (2 tsp) vanilla essence
1 cinnamon stick
300g sugar

coconut cream mixed with a pinch salt, to serve
finely chopped mango and fresh coconut 'salsa', to serve

HOW TO DO IT

- 1 Cover the sushi rice with water and leave to soak overnight. Drain well.
- 2 Place the prepared rice in a steamer basket (with the lid on) over a pot of water and bring the water to a boil. Cook until the rice is soft and cooked through, about 30 minutes.
- 3 Mix the sugar and salt with the coconut milk in a pot and stir well to combine. Add the vanilla essence and bring the mixture to a boil.
- 4 Place the cooked sticky rice in a mixing bowl. Add the warm coconut milk and stir well. Leave to stand, about 15 minutes, before shaping the rice into small balls.
- 5 For the poached plums, bring all of the ingredients to a boil. Once it starts boiling, remove from heat and, once cooled (they will continue to cook as they cool), peel the skins off the plums.
- 6 Serve the plums drizzled with coconut cream and a side of sticky rice balls, and mango and coconut salsa.

Asian flower shortbread



Makes 30 **EASY** 20 mins

THE FLAVOUR COMBINATIONS

200g cake flour
100g icing sugar
130ml canola oil
yellow food colouring, to brush
1 egg yolk

HOW TO DO IT

- 1 Preheat the oven to 200°C and grease a baking tray. Mix together the flour, icing sugar and oil to make a soft dough. Roll out the dough and use a 3cm flower-shaped cookie cutter to cut out flowers or shape as desired. Brush a little yellow food colouring in the centre of the flower to create a 'pistil'. Bake in the oven until golden, 3–5 minutes.
- 2 Once baked, remove from oven and brush with egg yolk. Serve once cooled.



Coconut jelly

Serves 6 **EASY** 45 mins +
1 hr, to set



THE FLAVOUR COMBINATIONS

10g (8) gelatine leaves
500ml (2 cups) coconut water
few drops red food colouring
15ml (1 tbsp) fresh coconut, cut into small cubes
10g (8) gelatine leaves
500ml (2 cups) coconut cream
100g sugar
10ml (2 tsp) salt

6 pieces fresh coconut, cut into flowers using a flower-shaped cookie cutter and soaked in red food colouring, to garnish

HOW TO DO IT

- 1** Sponge the 12g gelatine leaves in ice water, 3 – 5 minutes. Remove the leaves and squeeze out the excess water.
- 2** Place the coconut water in a saucepan and bring to a boil then remove from heat, add the soaked gelatine leaves and stir well to combine. Set aside 50ml of the mixture. To this, add a few drops of red food colouring, stir well, then pour the red coconut water mixture into 6 pyramid-shaped moulds to about 1cm deep. Refrigerate to set, 30 minutes.
- 3** With the remaining coconut-water mixture, add the fresh coconut cubes and divide among 6 glasses. Refrigerate to set, about 30 minutes.

- 4** Place the 10g gelatine leaves in ice-cold water and leave to sponge, 3 – 5 minutes. Remove the leaves and squeeze out the excess water. Place the coconut cream, sugar and salt in a pot, mix together and bring to a boil. Remove from heat, stir in the soaked gelatine until combined then strain. Leave the mixture to cool then pour into the pyramid moulds on top of the set red jelly. Refrigerate to set, 30 minutes.
- 5** Unmould the pyramid jellies and place on top of the set jellies in the glasses. Garnish with a red coconut flower to serve.



FIND YOUR *fortune*

WHAT BETTER WAY TO ROUND OFF OUR ASIAN FEAST THAN CRACKING OPEN A GOLDEN FORTUNE COOKIE AND FINDING OUT WHAT YOUR FUTURE HOLDS!

Recipe and styling by
THULISA MARTINS

Photograph by
HEMA PATEL

Fortune cookies

Adding orange blossom water to these cute cookies enhances the flavour
Makes 8 – 10 **EASY** 30 mins

THE FLAVOUR COMBINATIONS

2 large egg whites
5ml (1 tsp) vanilla extract
2,5ml (½ tsp) orange blossom water
2,5ml (½ tsp) almond essence
15ml (1 tbsp) water
100g white sugar

65g cake flour, sifted
7,5ml (1½ tsp) cornflour
pinch salt
handwritten fortunes on 10cm x 2cm paper strips

HOW TO DO IT

1 Preheat the oven to 170°C. Place the egg whites, vanilla extract, orange blossom water, almond essence and water in a free-standing blender and blitz until it starts to thicken, 5 minutes. Add

the remaining ingredients and blend to form a smooth batter, a further 5 minutes.

2 Line a baking tray with baking paper and place 10ml (2 tsp) batter on the baking paper. Spread it out to form a very thin round, about 10cm in diameter. Repeat with the remaining batter, taking care to make two at a time (see Cook's tip). Bake in the oven until the edges are golden brown, 6 – 7 minutes.

3 Remove from oven and quickly place the cookies on a wooden board, using a palette knife to lift them off the baking paper. Working with one at a time, roll up a paper strip with a fortune and place it on

COOK'S TIP

Time is very important when making fortune cookies. If it's your first time, rather bake two at a time to make sure you have enough time to fold them while they are still pliable, as they cool very quickly. Make sure your fortunes are written on small strips of paper prior to baking the cookies. Once you get the hang of it, they are super-easy to make and can even be dusted with edible glitter or dipped in chocolate to serve.

You will have many happy moments with Food & Home Entertaining!

one side of the round.

Fold the round over and press the edges together while the cookie is still warm. It will crack if too cool.

4 Immediately place the straight folded side of the cookie over the rim of a glass or cup and bend to form a fortune-cookie shape. Hold in place for 5 seconds. Carefully place the cookie in a muffin-tin well to cool completely and hold its shape, 10 minutes.

Trivia

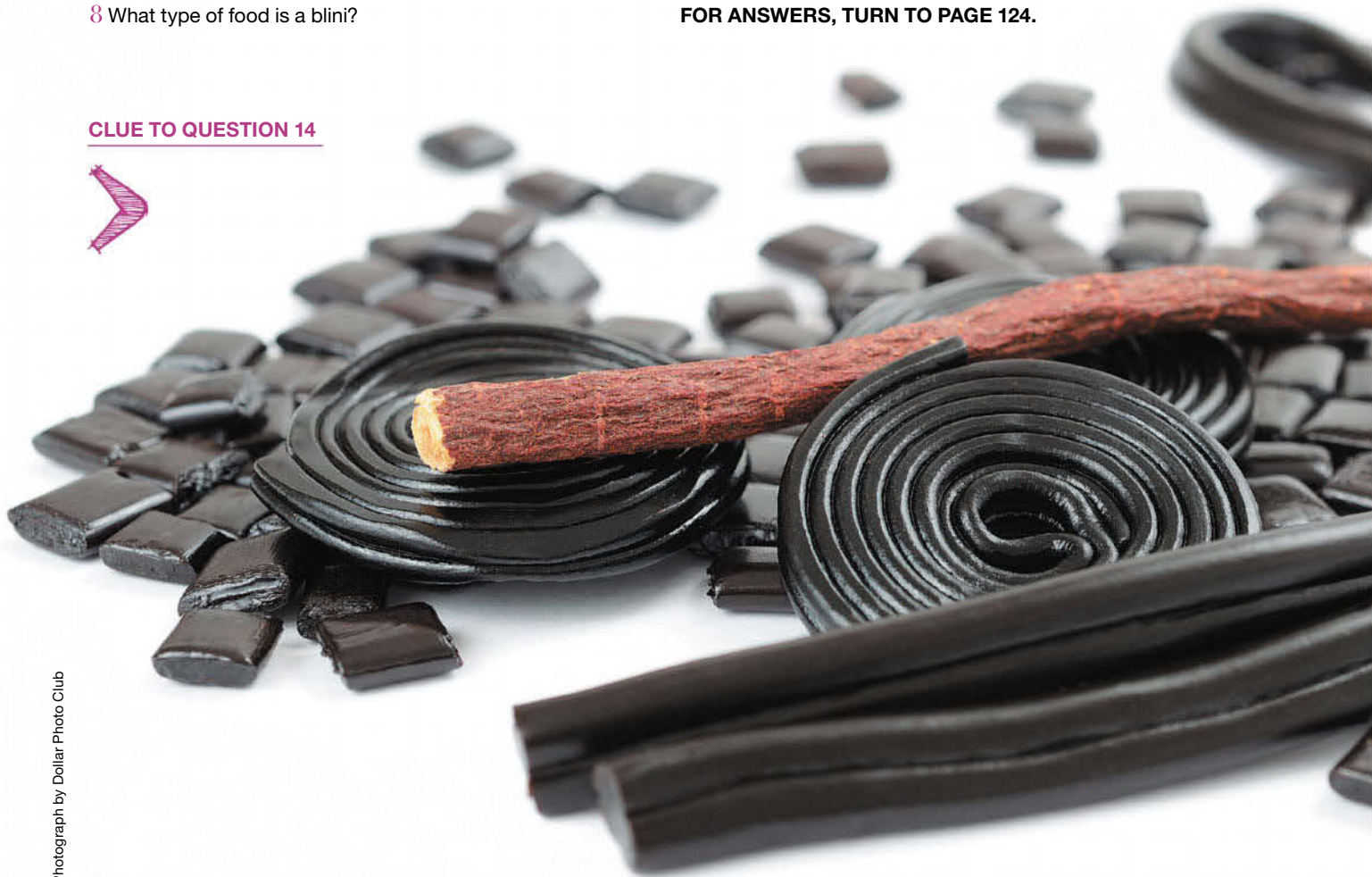
HOW WELL DO YOU KNOW YOUR FOOD?

Compiled by TARYN DAS NEVES

- 1 The domed Princess cake comes from which country?
- 2 What is damper?
- 3 What type of food is a pan bagnat and in which country did it originate?
- 4 Which melon is named after a Turkish town now known as Turgutlu?
- 5 In which decade was Coca-Cola first sold?
- 6 Which type of sausage is considered to be the national sausage of Switzerland?
- 7 Which wheat is used to make couscous?
- 8 What type of food is a blini?
- 9 What is copra?
- 10 Becherovka is a herbal liqueur produced in which country?
- 11 What are crubeens, an Irish snack, made from?
- 12 The Swedish soup nüsselsoppa is based on which ingredient?
- 13 Tarator is a cold soup made using which dairy product?
- 14 Pontefract cakes are flavoured with what?
- 15 Which staple food comes from the plant *oryza sativa*?

FOR ANSWERS, TURN TO PAGE 124.

CLUE TO QUESTION 14



Photograph by Dollar Photo Club

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MARCH 2015: AN EXOTIC ADVENTURE!



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ALTITUDE BAKING

All baking recipes in this magazine have been tested at high altitude. Follow this guide for baking at sea level:

Lower the oven temperature by 10°C
For every 5ml (1 tsp) baking powder,
increase by 1 – 2ml
For every 220g (1 cup) granulated sugar,
increase by 15 – 30ml
For every 250ml (1 cup) liquid, decrease
by 30 – 45ml
For every 120g (1 cup) flour, decrease
by 15ml (1 tbsp)

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1 Sweden **2** A traditional Australian soda bread **3** A sandwich from Nice, France **4** Casaba **5** 1880s **6** Cervelat **7** Durum
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11 Pigs' trotters **12** Stinging nettles **13** Yoghurt **14** Liquorice **15** Rice

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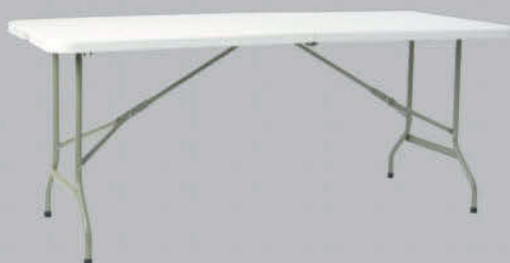


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The overarching trend for the year is 'disorder is the way of the new-world order'.

We've been tracking a new-world order where things have completely changed socially, economically, politically. You can feel we're at a tipping point.

In terms of food trends, an interesting one we have picked up on is the politics of food. People are using food or food franchises to leverage political ideology. We saw it last year with the Palestine/Israel incident at Woolworths; in the ongoing tit for tat between Russia and America and the West over Ukraine, where Russia recently went into all their McDonald's stores to assess the hygiene standards and closed some of their major stores over alleged health violations.

With regards to food and business, the big one for me is the rise of the 'fast casual', which is eating into the fast-food domain, especially in America. The definition of 'fast casual' is similar

in theory:
you order
at the counter – still

technically fast food – but it's a lot more artisanal, fresher and healthier. While the 'fast casual' category is much smaller than fast food, there are roughly seven times as many fast-food eateries, but in both categories over the last three years, they have notched up the same amount in sales – US\$9,3 billion (about R107 billion).

Food has become its own category.

It's just living on its own. However, where we see a blur in trends between food and fashion is in the artisanal route things are going in both industries. The ubiquitous-ness of everyone sourcing from the same trends, the same factories, the same runway looks and celebrity culture has made a bland sameness in the industry. Early indications are that vintage, one-off pieces are coming up around the world and fetching high prices at auction, signalling that people

want to don a bit of wearable art, the individualisation of it. In a sense, that's where food and fashion are merging – it's not about the trend of it but the unique, the artisanal. The rise of the ethical consumer is also part of this. You want to know where it comes from. Was it sourced locally?

Does it support a community?

We're also moving towards a very hyper-visual era with

the rise of Pinterest and Instagram, which are dictating and dominating how much we consume in terms of a visual language. With the expanse of e-commerce and online shopping, visuals are becoming more important.

In advanced markets, and including SA – where we definitely have a strong online-shopping presence, which is growing year on year more than the international average – people are moving from clothing to decor items and homeware... it's very visual.

Currently, internationally, it's also tipping from homeware to art. People are buying art online. The art world has always appeared slightly elitist. You go into an art gallery – it's intimidating, it's expensive. With buying art online, it's firstly very visual: you can see the piece, it looks good and, because it's internet based, geographical boundaries are dissolved. So, you can be at home and you can buy something from a Serbian or Croatian gallery. Also, in our current economy, it's a bit of stealth wealth – a great way to accumulate things without being seen splurging or spending a lot of money.

We're also seeing the rise of social-media e-commerce taking shape and taking online shopping to the next level.

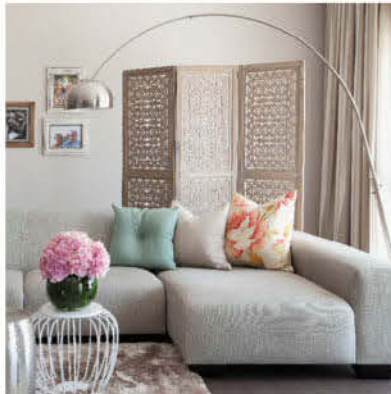
It probably won't hit SA soon, but it's giving people the opportunity to shop directly from their social-media feeds. It started last year with #Amazoncart. If you have an Amazon account and follow their Twitter feed announcing new products, all you do is retweet what you like and add the hash tag #Amazoncart and Amazon will automatically add that item to your cart. It's immediate shopping; I call it the 'see-click-buy' mentality.

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